



IN YOUR BOX

- 3 Thyme Sprigs
- 1 Rosemary Sprig
- 1 Shallot
- 2 Garlic Cloves
- 1 Pork Tenderloin
- 10 oz. Broccoli
- .3 oz. Butter
- 5 fl. oz. Evaporated Whole Milk
- 1 tsp. Cornstarch
- 4 fl. oz. Apple Cider

NUTRITION *per serving* 27g carbohydrates 26g fat 67g protein 1087mg sodium | CONTAINS dairy | calorie-conscious, carb-conscious



Calories
615



Prep & Cook Time
35-45 min.



Cook Within
6 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Medium Pot
- Baking Sheet
- Medium Pan
- Colander
- Mixing Bowl

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Thyme and Rosemary Roasted Pork Tenderloin

with apple cider pan sauce and broccoli mash

BEFORE YOU COOK

- ☐ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ☐ Preheat oven to **375 degrees**
- ☐ Bring a **medium** pot of **generously salted water** to a boil
- ☐ Thoroughly rinse produce and pat dry
- ☐ Prepare a baking sheet with foil

WHILE YOU COOK

- ☐ **Heads Up!** **Rosemary** is used twice. Most seasons **pork tenderloin**, and a pinch and the top garnish dish.
- ☐ **Heads Up!** **Evaporated milk** is used twice. 2 Tbsp. is mashed with **broccoli** and remaining is added to **sauce**.

FROM THE CHEF

Pork tenderloin doesn't have sides, but turning it twice will sear it on approximately three "sides" and provide near-complete searing coverage.

Be sure to rest tenderloin at least 5-10 minutes before slicing. It allows juices to redistribute rather than run out onto your cutting board.

Did you know...

The winter-autumn pine aroma of rosemary does more than just tantalize the olfactory receptors. Theories abound on how this little sprig's scent improves mood, relieves stress, and clears the mind.



1

Prepare the Ingredients

Stem and mince **thyme** and **rosemary** (reserve rosemary top for garnish). Peel and mince **shallot**. Mince **garlic**. Pat **pork tenderloin** dry.



2

Cook the Tenderloin

Heat 1 tsp. **olive oil** in a medium pan over medium-high heat. Rub 1 tsp. olive oil on **pork** and sprinkle evenly with **thyme**, **rosemary** (reserve a pinch for garnish), ½ tsp. **salt**, and a pinch of **pepper**. Add pork to hot pan and sear until golden brown on three sides, 2-3 minutes per side. Transfer to prepared baking sheet and roast until pork reaches a minimum internal temperature of 145 degrees, 12-15 minutes. Set aside to rest. Wipe pan clean and reserve. While pork roasts, cook broccoli.



3

Cook the Broccoli

Add **broccoli florets** to boiling water and cook until bright green and very tender, 5-7 minutes. Drain florets in a colander, shaking off as much excess water as possible.



4

Make the Broccoli Mash

Return **broccoli florets** to pot and add **butter** and 2 Tbsp. **evaporated milk** (reserve remaining for sauce). Mash until ingredients are fully incorporated and consistency is to your liking. Season with ½ tsp. **salt** and ¼ tsp. **pepper**.



5

Make the Pan Sauce

Return pan used to sear pork to medium-high heat. Add 1 tsp. **olive oil**, **garlic**, and **shallot** to hot pan and cook until fragrant, 30 seconds. Mix **cornstarch** with **apple cider** in a small mixing bowl, add to pan, and bring to a simmer. Reduce 2 minutes. Add remaining **evaporated milk** and simmer until sauce is slightly thickened, 2 minutes. Season with a pinch of **salt** and **pepper**. Set aside.



6

Plate the Dish

Slice **pork tenderloin** into ½" medallions. Carefully split reserved **rosemary top** in half. Spoon **sauce** on a plate. Place a serving of **broccoli mash** on sauce and top with half the pork medallions. Garnish with remaining rosemary and a rosemary top piece.