



HOME CHEF

BBQ Pork Tenderloin

With Sautéed Green Beans, Red Onion, and Apple



Craving the flavor of BBQ but not the tummyache that follows after indulging? This delicious pork tenderloin is rubbed with our chef's secret spice blend, pan-seared, and finished in the oven for maximum juiciness. Paired with a flavorful saute of apples, green beans, red onions, and homemade BBQ sauce, you might forget you're not at the pit.

OVERVIEW



TIME TO PREPARE



EASY RECIPE



MEDIUM SPICE



DAYS BEST COOKED BY

NUTRITION

Calories: 418
Carbohydrates: 34g
Fat: 12g
Protein: 54g
Sodium: 280mg
per serving

DIETARY



LOW CALORIE



LOW CARB



DAIRY-FREE



GLUTEN-FREE



NUT-FREE



SOY-FREE

DRINK PAIRING

Hard Cider
Pumpkin Lager

INGREDIENTS

1 Fuji Apple
3 oz. Green Beans
2 Garlic Cloves
1 Red Onion
3 Parsley Sprigs
1 Pork Tenderloin
1 ½ oz. BBQ Spice Rub
2 tsp. Apple Cider Vinegar
1 oz. Ketchup
1 tsp. Sugar

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Baking Sheet
Medium Pan
Mixing Bowl

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Prepare the Ingredients

Preheat oven to 400 degrees. Prepare baking sheet with foil. Thoroughly rinse produce and pat dry. Core and cut **apple** into a 2” dice. Trim and slice **green beans** into 1” pieces. Mince **garlic**. Peel and cut **red onion** into thin strips. Stem and coarsely chop **parsley**. Rinse **pork tenderloin** and pat dry.



Cook the Tenderloin

Season **pork** with 1 Tbsp. of **BBQ spice blend** and a pinch of **salt** and **pepper**. Heat 2 tsp. of **olive oil** in a medium pan over medium-high heat. Add pork and cook for 2 minutes on each side. Transfer to prepared baking sheet and roast for about 12-16 minutes, or until a minimum internal temperature of 145 degrees is reached. Remove from oven and enclose pork in the foil used on baking sheet. Let rest for 5 minutes before cutting into ½” slices. Reserve any **juices** left in foil.



Make the BBQ Sauce

In a small bowl, combine 1 Tbsp. plus 1 tsp. of **BBQ spice rub**, **apple cider vinegar**, **ketchup**, **sugar**, **reserved pork juices** and a pinch of **salt** and **pepper**. Mix together and set aside for plating.



Sauté the Vegetables

Heat 1 tsp. of olive oil in medium pan used to sear tenderloin over medium heat (don't wipe it out; the brown parts are full of flavor!) Add **garlic** and cook until fragrant, about 30 seconds. Add **apples**, **red onion (to taste)**, and **green beans** to the pan and cook for about 5 minutes. Season with remaining **BBQ spice blend** and a pinch of **salt** and **pepper**.



Plate the Dish

Divide **sautéed vegetables** between two plates. Shingle slices of **pork** against the veggies. Drizzle **BBQ sauce** over the pork. Garnish veggies with chopped **parsley**.