



NUTRITION *per serving* 31g carbohydrates 35g fat 62g protein 883mg sodium | low-calorie, low-carb, gluten-free, soy-free, nut-free



Calories
619



Prep & Cook Time
40-50 min.



Cook Within
6 days



Difficulty
Expert



Spice Level
Not Spicy

IN YOUR BOX

- 1 Shallot
- 3 Parsley Sprigs
- 10 oz. Brussels Sprouts
- 2 ½ oz. Roasted Red Peppers
- 1 Butcher's Twine
- 1 Pork Tenderloin
- 2 oz. Shredded Mozzarella
- 1 Tbsp. Smoked Paprika
- 5 oz. Canned Evaporated Whole Milk
- 5 oz. Tomato Sauce
- ½ oz. Butter

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Baking Sheet
- Medium Pan

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HOME CHEF

CUSTOMER FAVORITE

Mozzarella and Red Pepper Stuffed Pork Tenderloin

with roasted Brussels sprouts and smoky tomato cream

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil
- Preheat oven to **400 degrees**

WHILE YOU COOK

- **Heads up!** Before stuffing the tenderloin, save a pinch of parsley for garnish.
- **Heads up!** Only 2 Tbsp. shallot will be used to stuff the tenderloin. The rest are used in the sauce.
- When tying tenderloin, make sure twine is snug and tight enough to hold tenderloin shut, but not so tight as to force out any stuffing.

FROM THE CHEF

When pounding meat, slightly wet your cutting board. This allows meat to “slide” when it’s being flattened and reduces the chances of tearing meat.

Did you know...

Smoked paprika, or Pimenton, is a Spanish spice made from smoked, dried, and ground chile peppers. It’s a beloved ingredient in our test kitchen!



Prepare the Ingredients

Peel and mince **shallot**. Stem and coarsely chop **parsley**. Trim and halve **Brussels sprouts** (quarter if larger than a ping-pong ball). Finely chop **roasted red pepper**. Cut **butcher’s twine** into four 10” lengths. Rinse **tenderloin** and pat dry.



Butterfly the Tenderloin

Lay **tenderloin** on a cutting board and use your free hand to steady the meat. Hold a knife blade parallel to the board in your other hand and carefully make a lengthwise cut through the center of the meat. Stop short of opposite edge so pork remains in one piece. Open tenderloin as you would a book and cover with plastic wrap. With a meat mallet or small pan, pound pork to an even ½” thickness. Season both sides with a pinch of **salt and pepper**.



Stuff, Tie, and Sear Pork

Heat a medium pan over medium heat. Place **cheese, parsley** (reserving a bit for garnish), 2 Tbsp. **shallots**, and **peppers** on **pork**, leaving a ½” border around edges. With long edge facing you, roll pork forwards and enclose stuffing. Tie pork shut, spacing four knots of **twine** across the length of the tenderloin. Add 2 tsp. **olive oil** to pan and sear pork until golden brown, about 8-10 minutes (tenderloin will finish in the oven).



Roast the Tenderloin and Brussels sprouts

Transfer **tenderloin** to one side of prepared baking sheet and wipe pan clean. Add **Brussels sprouts** to other side and toss with 1 tsp. **olive oil** and a pinch of **salt and pepper**. Roast for 15-18 minutes, or until meat has reached a minimum internal temperature of 145 degrees and Brussels have caramelized. Remove from oven and let rest for 5 minutes.



Make the Sauce

While **pork** and **Brussels** roast, heat 1 tsp. of **olive oil** in same pan used for pork over medium heat. Add remaining **shallots, smoked paprika, evaporated milk**, and **tomato sauce** and cook until slightly thickened, about 3-4 minutes. Add **butter** and stir to incorporate. Remove from heat and season to taste with **salt and pepper**.



Plate the Dish

Remove **twine** from **pork** and slice into ½” rounds. Spoon **sauce** on plate, place **Brussels** next to sauce, and arrange sliced pork over sauce. Garnish with remaining **parsley**.