



**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**.