



In your box

- 8 oz. Carrot
- 1 Shallot
- 8 oz. Asparagus
- ¼ oz. Brined Green Peppercorns
- 1 Pork Tenderloin
- .6 oz. Butter
- 2 fl. oz. Sherry
- 2 tsp. Beef Demi-Glace
- 4 fl. oz. Light Cream



Classic French Green Peppercorn Pork Tenderloin

with mashed carrots and roasted asparagus

NUTRITION per serving—Calories: 617, Carbohydrates: 23g, Fat: 35g, Protein: 43g, Sodium: 1706mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
25-35 min.

Cook Within
6 days

Difficulty Level ● ● ● ●
Intermediate

Spice Level ● ● ● ● ●
Not Spicy

🕒 You will need

Olive Oil, Salt, Pepper, Cooking Spray
Small Pot, Baking Sheet, Medium Non-Stick Pan, Colander

👑 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 **400 degrees**
- Bring a small pot of **lightly salted water** to a boil
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray



1

Prepare the Ingredients

- Peel, trim, and cut **carrot** into ½” pieces.
- Peel and mince **shallot**.
- Trim woody ends off **asparagus**.
- Drain **green peppercorns**.
- Pat **pork tenderloin** dry, and season all over with ½ tsp. **salt** and a pinch of **pepper**.



2

Sear the Pork Tenderloin

- Place a medium non-stick pan over medium-high heat.
- Add 1 tsp. **olive oil** and **pork tenderloin** to hot pan. Sear until well-browned on two sides, 2-3 minutes per side.
- Transfer pork tenderloin to one side of prepared baking sheet.
- Reserve pan; no need to wipe clean.



3

Finish the Pork Tenderloin and Asparagus

- Add **asparagus** to empty half of baking sheet. Spray asparagus with **cooking spray** and season with a pinch of **salt** and **pepper**. Spread into a single layer on their half of baking sheet.
- Roast in hot oven until asparagus is tender and **pork tenderloin** reaches a minimum internal temperature of 145 degrees, 12-15 minutes.
- Rest pork at least 5 minutes, then cut into ½” slices.
- While pork roasts, make carrot mash.



4

Mash the Carrot

- Add **carrot** to boiling water and cook until tender, 8-10 minutes.
- Drain carrot in a colander and return to pot. Add **butter** and mash until fairly smooth. Season with ¼ tsp. **salt** and a pinch of **pepper**.
- Set aside and keep warm.



5

Make the Sauce

- Return pan used to sear pork to medium heat and add 1 tsp. **olive oil**. Add half the **shallot** (or more, if you love shallot) to hot pan and stir occasionally, 1 minute.
- Add **sherry** and bring to a boil. Boil, 30 seconds.
- Stir in **cream**, **green peppercorns**, **demi-glace**, and ¼ tsp. **pepper**. Return to a boil and stir constantly until creamy, 1-2 minutes.
- Remove from burner and season with a pinch of **salt**.
- Plate dish as pictured on front of card, shingling **pork** over sauce. Bon appétit!