



NUTRITION *per serving* 35g carbohydrates 18g fat 63g protein 232mg sodium | low-calorie, low-carb, gluten-free, soy-free, shellfish-free, nut-free



Calories
541



Prep & Cook Time
35-45 min.



Cook Within
6 days



Difficulty
Easy



Spice Level
Mild

IN YOUR BOX

- 1 Pork Tenderloin
- 1 Tbsp. Home Chef Chorizo Spice Blend
- 8 oz. Kale
- 1 Red Onion
- 1 Lime
- 1 Garlic Clove
- ½ oz. Pepitas
- 6 oz. Butternut Squash, Cubed
- 5 fl. oz. Canned Evaporated Whole Milk

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Baking Sheet
- Large Non-Stick Pan
- Small Pot

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HOME CHEF

Cortez Pork Tenderloin

with kale and butternut squash sauté

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**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil

WHILE YOU COOK

- Salt refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up! Chorizo spice blend** is used twice. Most is added to **tenderloin** and $\frac{1}{2}$ tsp. flavors **sauce**.
- **Spice Alert! Chorizo spice blend** adds a spicy flavor to **tenderloin** and **sauce**. Use to taste to control spice level.
- **Heads Up! Lime zest** is used twice. Half is added to **sauce** and remaining garnishes dish.

FROM THE CHEF

Resting cooked tenderloin before slicing allows juices to redistribute, meaning a more tender and flavorful meal for you!

Did you know...

Make your own chorizo spice blend with 4 parts chile powder, 3 parts smoked paprika, 2 parts ground cumin, 1 part chipotle powder, and $\frac{1}{4}$ part each cinnamon and oregano.



1

Sear the Pork

Rinse **pork tenderloin**, pat dry, and season with $\frac{1}{2}$ tsp. **salt** and a pinch of **pepper**. Heat 1 tsp. **olive oil** in a large non-stick pan over medium-high heat. Add pork to hot pan and sear on two sides until well-browned, 6-8 minutes. Remove tenderloin to prepared baking sheet. Wipe pan clean and reserve. Season tenderloin with **spice blend** (reserve $\frac{1}{2}$ tsp. for sauce) and, using tongs, turn to cover in seasoning completely.



4

Finish the Kale

Return pan used for butternut squash to medium heat. Add 1 tsp. **olive oil** and **onion**. Cook, stirring occasionally, until onion is slightly caramelized, 4-6 minutes. Add **kale**, **garlic**, and 2 tsp. **water**. Cover and cook until kale is wilted and vegetables are tender, 3-4 minutes. Return **butternut squash** to pan and combine. Season with a pinch of **salt and pepper**. Remove from burner and stir in 1 Tbsp. **lime juice**. While vegetables cook, make sauce.



2

Roast Pork and Prepare Ingredients

Place baking sheet in oven and roast until **pork tenderloin** reaches a minimum internal temperature of 145 degrees, 12-15 minutes. Remove to a cutting board and rest 5 minutes before slicing. While tenderloin roasts, stem **kale** and coarsely chop. Peel and halve **onion**. Cut halves into $\frac{1}{2}$ " dice. Zest **lime**, halve, and juice. Mince **garlic**.



5

Make the Sauce

Heat a small pot over medium-high heat. Add **evaporated milk**, remaining **spice blend**, and **half the lime zest** (reserve remaining for garnish). Bring to a simmer, and cook, stirring often, until sauce is thick enough to coat the back of a spoon, 5-6 minutes. Season to taste with **salt and pepper**.



3

Toast Pepitas and Cook Butternut Squash

Return pan used to sear tenderloin to medium-high heat. Add **pepitas** to dry pan and toast until lightly browned and fragrant, 2-3 minutes. Remove to plate and return pan with 2 tsp. **olive oil** to medium-high heat (no need to wipe clean). Add **butternut squash** and cook, stirring occasionally, until caramelized and tender, 6-7 minutes. Transfer to a plate or bowl and reserve pan; no need to wipe clean.



6

Plate the Dish

Place a serving of **kale and butternut squash sauté** on a plate. Slice **tenderloin** into $\frac{1}{2}$ " slices and shingle in front of kale. Spoon **sauce** in front of pork and garnish pork with toasted **pepitas** and remaining **lime zest**.