



**NUTRITION** *per serving* 32g carbohydrates 13g fat 47g protein 805mg sodium | low-calorie, low-carb, gluten-free, dairy-free, soy-free, nut-free



Calories  
**422**



Prep & Cook Time  
**35-45 min.**



Cook Within  
**6 days**



Difficulty  
**Intermediate**



Spice Level  
**Mild**

#### IN YOUR BOX

- 1 Cauliflower Head
- 5 oz. Green Beans
- 1 Shallot
- 2 Thyme Sprigs
- 1 Pork Tenderloin
- 4 tsp. BBQ Spice Rub
- ½ tsp. Cornstarch
- 8 fl. oz. Apple Juice

#### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Large Non-Stick Pan
- Small Bowl
- Medium Pan

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**HOME CHEF**

## Apple-Glazed Pork Tenderloin

with BBQ-rubbed cauliflower, caramelized shallots, and green beans

## 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 **450 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray

## 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!** Caramelized shallots are used twice. Half are used in **sauce** and remaining are added to **green beans**.
- **Heads Up!** **Sauce** is used twice. 1 Tbsp. is brushed onto **pork tenderloin** and remaining **sauce** plate.

## FROM THE CHEF

Resting cooked meats before slicing allows juices to redistribute, meaning more flavor and better texture on your plate.

### Did you know...

Pairing pork with apples dates back to when Medieval pigs would graze in apple orchards and feast on fallen fruit. The sweet and savory pairing only seemed natural!



### Prepare the Ingredients

Remove leaves from **cauliflower head**, core, and cut into even, bite-sized florets. Trim ends off **green beans**. Peel and halve **shallot**. Slice into thin strips (julienne). Stem and mince **thyme**. Rinse **pork tenderloin**, pat dry, and season all sides with ½ tsp. **salt** and ¼ tsp. **pepper**.



### Caramelize Shallots and Make Sauce

While pork cooks, return pan used to cook pork to medium heat. Add 1 tsp. **olive oil** and **shallots** to hot pan. Cook, stirring occasionally, 4-8 minutes, or until tender and caramelized. Transfer half the **caramelized shallots** to a plate. Combine **cornstarch** and **apple juice** in a small bowl and add mixture to pan with remaining shallots. Bring to a boil while stirring. Reduce heat to a simmer and cook 4-7 minutes, or until just thinner than honey. Season with ¼ tsp. **salt**, a pinch of **pepper**, and **thyme**. Remove from burner. Brush 1 Tbsp. **sauce** over resting **pork tenderloin**.



### Begin to Roast the Cauliflower

Place **cauliflower** on prepared baking sheet. Drizzle with 2 tsp. **olive oil** and **BBQ rub**. Toss to coat and spread into a single layer, leaving room on one side to add pork tenderloin later. Bake 7 minutes and remove from oven (cauliflower will finish cooking later).



### Cook the Green Beans

Place a medium pan over medium-high heat. Add 1 tsp. **olive oil** and **green beans** to hot pan. Cook 3 minutes, or until green beans are lightly browned and bright green. Add remaining **caramelized shallots** and ¼ tsp. **salt**. Cook 1-2 minutes, or until green beans are tender. Remove from burner.



### Sear and Roast Tenderloin

While cauliflower cooks, place a large non-stick pan over medium-high heat. Add 2 tsp. **olive oil** and **pork tenderloin** to hot pan. Sear on two sides, 2-3 minutes per side, or until each side is lightly browned. Remove pan from burner and transfer pork to baking sheet after **cauliflower** roasts 7 minutes. Roast an additional 8-10 minutes, or until cauliflower is tender and browned, and pork reaches a minimum internal temperature of 145 degrees. Remove from oven and let pork rest 3-5 minutes. Reserve pan (no need to wipe clean).



### Plate the Dish

Slice **pork tenderloin** into ½” thick slices. Place **cauliflower** and **green beans** on plate. Add sliced pork and spoon remaining **sauce** around pork.