Coffee-Rubbed Pork Tenderloin
with honey-roasted root vegetables

NUTRITION per serving–Calories: 445, Carbohydrates: 27g, Fat: 17g, Protein: 44g, Sodium: 1706mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
35-45 min.

Cook Within
6 days

Difficulty Level
easy

Spice Level
not spicy

In your box
2 tsp. Coffee Rub
8 oz. Carrot
6 oz. Turnip
6 Chives
½ fl. oz. Honey
1 Pork Tenderloin
4 tsp. Beef Demi-Glace
½ oz. Dijon Mustard
Prepare the Ingredients

• Peel, trim, and cut carrot into ¼” pieces at an angle.
• Peel and cut turnip into ¾” dice.
• Mince chives.

Cook the Medallions

• Heat 2 tsp. olive oil in a large non-stick pan over medium heat.
• Add pork medallions to hot pan and cook until pork reaches a minimum internal temperature of 145 degrees, 3-5 minutes per side.
• Remove medallions to a plate.
• Reserve pan; no need to wipe clean.

Make the Sauce

• Return pan used to cook pork to medium-high heat. Add ¼ cup water, demi-glace, Dijon, remaining coffee rub, and a pinch of salt to hot pan.
• Stir occasionally until thick enough to coat the back of a spoon, 2-4 minutes.
• Remove from burner.
• Plate dish as pictured on front of card, garnishing vegetables with chives and spooning sauce over pork medallions. Bon appétit!