



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



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

📌 You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, Large Non-Stick Pan

👑 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 and cooking spray
- Ingredient(s) used more than once: **coffee rub**



1

Prepare the Ingredients

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



2

Roast the Vegetables

- Place **carrot** and **turnip** on prepared baking sheet and toss with **honey**, 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Spread into a single layer and roast in hot oven until slightly charred and tender, 18-20 minutes.
- While vegetables roast, prepare medallions.



3

Cut the Medallions

- Pat **pork tenderloin** dry.
- On a separate cutting board, slice pork tenderloin into ¾”-thick medallions. Season both sides with half the **coffee rub** (reserve remaining for sauce) and ½ tsp. **salt**.



4

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.



5

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!