



NUTRITION *per serving* 31g carbohydrates 29g fat 52g protein 1741mg sodium | CONTAINS dairy | calorie-conscious, carb-conscious

 Calories
586

 Prep & Cook Time
35-45 min.

 Cook Within
6 days

 Difficulty
Easy

 Spice Level
Not Spicy



Cider Beurre Blanc Pork Tenderloin

with Parmesan-roasted carrots and Brussels sprouts

IN YOUR BOX

8 oz. Brussels Sprouts
12 oz. Carrot
3 Thyme Sprigs
1 Pork Tenderloin
1 oz. Grated Parmesan Cheese
2 fl. oz. Apple Cider
.9 oz. Butter

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Cooking Spray
Baking Sheet
Medium Pan

www.homechef.com/3743

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

- ❑ **Heads Up! Parmesan** is used twice. Half is added to **vegetables** before cooking and remaining garnishes vegetables.
- ❑ **Heads Up! Thyme** is used twice. Half is added to **vegetables** and remaining is in **sauce**.

FROM THE CHEF

Pork tenderloin doesn't have sides, but turning it twice will sear it on approximately three "sides" and provide near-complete searing coverage.

Did you know...

"Beurre blanc" is a French term for this reduction of white wine and butter that literally translates to "white butter." Swirling in butter off the heat gives this sauce richness and a velvety texture.



1

Prepare the Ingredients

Trim bottoms off **Brussels sprouts** and halve vertically (quarter if larger than ping pong balls). Peel, trim, and cut **carrot** into ¼" diagonal slices. Stem **thyme** and coarsely chop. Rinse **pork tenderloin**, pat dry, and season with ¼ tsp. **salt** and ¼ tsp. **pepper**.



2

Begin to Cook Vegetables

Place **carrots** and **Brussels sprouts** onto prepared baking sheet. Toss with 1 Tbsp. **olive oil**, **half the Parmesan** (reserve remaining for cooked vegetables), ½ tsp. **salt**, and ¼ tsp. **pepper** and spread into a single layer on one half of baking sheet. Roast 5 minutes and remove from oven. *Vegetables will finish cooking in a later step.*



3

Sear the Pork Tenderloin

Place a medium pan over medium-high heat. Add 2 tsp. **olive oil** and **pork** to hot pan. Sear until browned on three sides, 2-3 minutes per side. Remove to other half of baking sheet with partially roasted **vegetables**. Reserve pan; no need to wipe clean.



4

Finish the Pork and Vegetables

Return baking sheet to oven and roast until **vegetables** are browned and tender and **pork** reaches a minimum internal temperature of 145 degrees, 8-12 minutes. Remove from oven and sprinkle remaining **Parmesan** and **half the thyme** (reserve remaining for sauce) onto vegetables. Let pork rest 5 minutes. While pork rests, make cider beurre blanc.



5

Make the Cider Beurre Blanc

Return pan used to sear pork to medium-high heat. Add **apple cider**, bring to a boil, and reduce by half, 1-3 minutes. Remove from burner, swirl in **butter**, and add remaining **thyme**. Season with ¼ tsp. **salt** and a pinch of **pepper**.



6

Plate the Dish

Slice **pork tenderloin** into ½" pieces. Place **roasted vegetables** onto plate. Add sliced pork in front of vegetables. Spoon **cider beurre blanc** in front of pork.