



NUTRITION *per serving* 35g carbohydrates 16g fat 49g protein 1360mg sodium | low-calorie, low-carb, gluten-free, dairy-free, soy-free, shellfish-free, nut-free



Calories
480



Prep & Cook Time
35-45 min.



Cook Within
6 days



Difficulty
Easy



Spice Level
Mild

IN YOUR BOX

6 oz. Carrot
5 Cilantro Sprigs
8 oz. Brussels Sprouts
1 Shallot
1 Fuji Apple
1 Lime
1 Blood Orange
1 Pork Tenderloin
1 Tbsp. Smoky Chile and Cumin Rub
½ oz. Pepitas

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Cooking Spray
Baking Sheet
Medium Oven-Safe Pan

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Mexicali Pork Tenderloin

with Brussels sprouts, Fuji apple, carrot, and lime salad

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.

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...

"Pepita" is Spanish for "little seed," and refers to pumpkin seeds that have been shelled and roasted. They add a tasty crunch (not to mention protein) when garnishing this salad.



Start Preparing the Ingredients

Peel, trim, and cut **carrot** into ¼" diagonal slices. Mince **cilantro** leaves and stems. Trim bottoms off **Brussels sprouts** and cut into ¼" slices vertically. Peel and halve **shallot**. Cut into ¼" slices. Quarter **apple**, core, and cut across width into very thin slices.



Finish Preparing the Ingredients

Zest and halve **lime**. Quarter one half and juice remaining half. Peel **blood orange** by hand, being careful to remove white pith underneath peel. Halve and cut each half into ½" slices. Rinse **pork tenderloin**, pat dry, and season all over with ¼ tsp. **salt** and a pinch of **pepper**.



Roast the Vegetables

Place **Brussels sprouts**, **shallot**, and **carrot** on prepared baking sheet. Toss with 1 tsp. **olive oil**, ½ tsp. **salt**, and ¼ tsp. **pepper** and spread into a single layer. Roast until lightly browned but still slightly firm, 6–9 minutes. Remove from oven and allow to cool. While vegetables roast, cook pork.



Cook the Pork

Place a medium oven-safe 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. Sprinkle **seasoning blend** all over pork and place pan in oven. Bake until pork reaches a minimum internal temperature of 145 degrees, 7–10 minutes. Remove from oven, remove pork from pan, and allow to rest 5 minutes. Cut pork tenderloin into ½" slices. While pork roasts, make salad.



Make the Salad

Combine **roasted vegetables**, **blood orange**, **apple**, **lime zest**, **lime juice**, **cilantro**, 1 Tbsp. **olive oil**, ¼ tsp. **salt**, and ¼ tsp. **pepper**. Toss to coat evenly.



Plate the Dish

Place **salad** onto plate and add sliced **pork tenderloin**. Garnish with **pepitas** and **lime wedges**.