



NUTRITION *per serving* 11g carbohydrates 33g fat 56g protein 732mg sodium | calorie-conscious, carb-conscious



Calories
556



Prep & Cook Time
40-50 min.



Cook Within
6 days



Difficulty
Easy



Spice Level
Not Spicy



STAFF PICK

Garlic-Studded Pork Tenderloin

with asparagus and mustard-cream bearnaise sauce

IN YOUR BOX

- 1 Garlic Clove
- 8 oz. Asparagus
- 1 Shallot
- 1 Tarragon Sprig
- 1 Pork Tenderloin
- .6 oz. Butter
- 2 fl. oz. Heavy Whipping Cream
- ¼ oz. Dijon Mustard

CONTAINS: milk

IN YOUR KITCHEN

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

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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

WHILE YOU COOK

- Make sure to push thinly sliced **garlic** below the surface of the meat to prevent burning.

FROM THE CHEF

Normally we recommend cooking pork tenderloin to a minimum internal temperature of 145 degrees. For this meal, however, we raised our recommended temperature to 155 degrees, so the garlic can cook fully and lose its raw flavor.

Did you know...

According to legend, the birth of the tribes that would found Korea was a garlic-heavy affair. Hwanung, son of a god, came down to earth and founded a city. A bear and a tiger approached him, asking to become people. He made them a deal; if they went to a cave and stayed there 100 days, eating only mugwort and garlic, he would make them human. The tiger couldn't do it, but the bear had the discipline. Hwanung changed the bear into a beautiful woman, who gave birth to Dangun, who founded the first Korean kingdom.



Prepare the Ingredients

Slice **garlic** into 8-12 very thin slices. *Slice garlic as thin as possible to avoid large pieces of raw garlic in final dish.* Trim woody ends off **asparagus**. Peel and mince **shallot**. Stem and mince **tarragon**.



Stud the Pork Tenderloin

Pat **pork tenderloin** dry, and make 8-12 equally-spaced ½” incisions all over pork with knife tip. Insert a **garlic slice** into each incision, pushing garlic below surface of meat. Season all over with ¼ tsp. **salt** and ¼ tsp. **pepper**.



Cook the Pork Tenderloin

Heat a large non-stick pan over medium-high heat. Add 2 tsp. **olive oil** and **pork** to hot pan and cook, turning occasionally, until golden brown on all sides, 5-7 minutes. Transfer pork to prepared baking sheet and roast until pork reaches a minimum internal temperature of 155 degrees, 14-18 minutes. Remove to cutting board and let rest 5 minutes before cutting into ½” slices. Wipe pan clean and reserve. While pork roasts, cook asparagus.



Cook the Asparagus

Return pan used to sear pork to medium-high heat. Add 1 tsp. **olive oil**, **asparagus**, ¼ cup **water**, and ¼ tsp. **salt** to hot pan. Cover and cook, stirring occasionally, until bright green and crisp tender, 5-7 minutes. Remove to a plate and cover with foil. Wipe pan clean and reserve.



Make the Sauce

Return pan used to cook asparagus to medium heat. Add **butter** and **shallots** to hot pan and cook, stirring occasionally, until golden brown, 1-2 minutes. Add **cream**, **Dijon**, and **tarragon** to pan and cook until thick enough to coat the back of a spoon, 2-4 minutes. Season to taste with **salt** and **pepper**.



Plate the Dish

Spoon **sauce** on plate and arrange sliced **pork** over sauce. Place **asparagus** next to pork.