



NUTRITION per serving 33g carbohydrates 22g fat 47g protein 1340mg sodium | calorie-conscious, carb-conscious



Calories
510



Prep & Cook Time
35-45 min.



Cook Within
6 days



Difficulty
Easy



Spice Level
Not Spicy



STAFF PICK

Swedish Lingonberry Pork Tenderloin

with dill carrots and green beans

IN YOUR BOX

- 8 oz. Carrot
- 8 oz. Green Beans
- 2 Garlic Cloves
- 2 Dill Sprigs
- 1 Pork Tenderloin
- ½ tsp. Allspice
- 2 Tbsp. Lingonberry Preserves

CONTAINS:

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Baking Sheet
- Medium Non-Stick Pan

www.homechef.com/4034

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

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...

Lingonberries, it turns out, have a lot of aliases. They are also known by: partridgeberry, cowberry, foxberry, bearberry, beaverberry, cougarberry, and, our favorite, red whortleberry. Sounds very Dr. Seuss, doesn't it?



Prepare the Ingredients

Peel, trim, and cut **carrot** into ¼" slices on an angle. Trim ends off **green beans**. Mince **garlic**. Mince **dill**, leaves and stems.



Sear the Pork

Pat **pork tenderloin** dry, and season all over with **allspice**, ½ tsp. **salt**, and ¼ tsp. **pepper**. Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil** and pork to hot pan. Sear on three sides until browned, 1-2 minutes per side. Transfer pork tenderloin to prepared baking sheet. Wipe pan clean and reserve.



Finish the Pork

Roast **pork tenderloin** until it reaches a minimum internal temperature of 145 degrees, 8-12 minutes. Rest pork at least 5 minutes. While pork roasts, cook carrots.



Cook the Carrot

Return pan used to sear pork to medium heat and add 2 tsp. **olive oil**, **carrot**, and ¼ tsp. **salt** to hot pan. Stir occasionally until tender and browned, 2-4 minutes.



Cook the Green Beans

Add **green beans** and ¼ tsp. **salt** to pan and stir occasionally, 4 minutes. Add **garlic** and stir occasionally until aromatic and green beans are tender, 3-4 minutes. Remove from burner and stir in **dill**.



Finish the Dish

Slice **pork tenderloin** into ½" slices. Place **vegetables** on a plate. Lean pork slices on vegetables and spoon **lingonberry preserves** over pork.