



In your box

.6 oz. Butter
1 Lime
8 oz. Green Beans
½ oz. Smoked Almonds
1 Pork Tenderloin
4 fl. oz. Apple Juice
1 oz. Red Pepper Jelly
3 oz. Corn Kernels

CONTAINS milk, soy, tree nuts
(almonds)



Spicy Apple-Glazed Pork Tenderloin

with corn and green bean succotash

NUTRITION per serving—Calories: 516, Carbohydrates: 34g, Fat: 23g, Protein: 46g, Sodium: 1075mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
25-35 min.

Cook Within
6 days

Difficulty Level ● ○ ○
Easy

Spice Level ● ○ ○
Mild

You will need

Olive Oil, Salt, Pepper

2 Medium Non-Stick Pans

Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- ☐ Thoroughly rinse produce and pat dry
- ☐ Ingredient(s) used more than once: **butter**



1

Prepare the Ingredients

- Zest **lime**, halve, and juice.
- Trim ends off **green beans**. Cut into 1" pieces.
- Coarsely chop **almonds**.
- Pat **pork tenderloin** dry. On a separate cutting board, slice into medallions, $\frac{3}{4}$ " thick. Season medallions with $\frac{1}{2}$ tsp. **salt** and $\frac{1}{4}$ tsp. **pepper**.



2

Sear the Pork Medallions

- Place a medium non-stick pan over medium-high heat.
- Add 1 tsp. **olive oil** and **pork medallions** to hot pan. Cook until well-browned and pork medallions reach a minimum internal temperature of 145 degrees, 3-4 minutes per side.
- Transfer pork medallions to a plate.
- Reserve pan; no need to wipe clean.



3

Start the Glaze

- Return pan used to cook medallions to medium-high heat.
- Add **apple juice**, **red pepper jelly** (to taste), and 1 tsp. **lime juice** to hot pan. Stir occasionally until mixture thickens to the consistency of maple syrup, 1-2 minutes.
- Remove from burner.



4

Make the Succotash

- Place another medium non-stick pan over medium-high heat.
- Add 1 tsp. **olive oil**, **green beans**, and **corn** to hot pan. Cook undisturbed until lightly charred, 1 minute.
- Then stir occasionally until tender, 3-4 minutes.
- Remove from burner and stir in **almonds**, 1 tsp. **lime zest**, and half the **butter** (reserve remaining for glaze). Season with $\frac{1}{4}$ tsp. **salt** and a pinch of **pepper**.
- Set aside.



5

Finish the Glaze

- Return pan with **glaze** to medium-high heat and reheat, 1-2 minutes.
- Remove from burner and swirl in remaining **butter**.
- Return **pork and any accumulated juices** to pan and flip until completely glazed.
- Plate dish as pictured on front of card. Bon appétit!