



In your box

1 Granny Smith Apple
1 Shallot
1 Sage Sprig
½ oz. Dried Cranberries
1 Butcher's Twine
1 Pork Tenderloin
8 oz. Cubed Butternut Squash
½ oz. Dijon Mustard
2 tsp. Chicken Demi-Glace

CONTAINS milk



Harvest-Stuffed Pork Tenderloin

with sage-roasted butternut squash

NUTRITION per serving—Calories: 504, Carbohydrates: 35g, Fat: 20, Protein: 45g, Sodium: 1026mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
40-50 min.

Cook Within
6 days

Difficulty Level ● ● ●
Expert

Spice Level ○ ○ ○
Not Spicy

① You will need

Olive Oil, Salt, Pepper, Cooking Spray

Baking Sheet, Large Non-Stick Pan

👩 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
- ☐ Ingredient(s) used more than once: **shallot, sage, filling**



1

Prepare the Ingredients

- Peel **apple**, quarter, and remove core. Cut into ¼" dice.
- Peel and halve **shallot**. Slice half into ¼" rounds and mince other half.
- Stem **sage** and slice thinly.
- Coarsely chop **cranberries**.
- Cut **twine** into four equal pieces.
- Place **pork tenderloin** on a separate cutting board and make a lengthwise cut through the center. Stop ¼" short of opposite edge of tenderloin so pork remains in one piece. Lay pork flat, cover with plastic wrap, and pound out to a ¼" thickness. Season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



2

Cook the Vegetables and Filling

- Toss **butternut squash**, **shallot rounds**, half the **sage**, 1 tsp. **olive oil**, and a pinch of **salt** and **pepper** together on prepared baking sheet.
- Spread into a single layer on one half of prepared baking sheet and roast until squash is tender, 14-16 minutes.
- While vegetables roast, place a large non-stick pan over medium heat. Add 1 tsp. **olive oil**, **apple**, and **minced shallot** to hot pan. Stir occasionally until shallot is translucent, 1-3 minutes.
- Add ¼ cup **water**, **cranberries**, and **Dijon**. Stir occasionally until apples slightly soften, 1-2 minutes.
- Transfer to a plate and let cool 3 minutes. Season with a pinch of **salt** and **pepper**. Wipe pan clean and reserve.



3

Stuff and Sear the Pork Tenderloin

- Place ½ cup **filling** (reserve remaining for sauce) down center of **pork tenderloin** and roll. Tie pork tenderloin closed with **twine**.
- Return pan used to cook filling to medium-high heat and add 1 tsp. **olive oil**. Add pork tenderloin to hot pan and sear on two sides until browned, 3-4 minutes per side.
- Remove pan from burner.



4

Finish the Pork and Vegetables

- Add **pork tenderloin** to empty half of baking sheet.
- Roast until pork tenderloin reaches a minimum internal temperature of 145 degrees, 12-14 minutes.
- Rest 5 minutes, then slice into ½"-thick slices.



5

Make the Sauce

- When pork has 5 minutes left to roast, return pan used to sear pork to medium heat. Add reserved **filling**, **demi-glace**, remaining **sage**, and ½ cup **water** to hot pan.
- Bring to a simmer and stir often until thickened enough to coat the back of a spoon, 3-5 minutes.
- Remove from burner.
- Plate dish as pictured on front of card. Bon appétit!