



#### In your box

8 oz. Carrot  
8 oz. Green Beans  
2 Garlic Cloves  
1 Pork Tenderloin  
4 fl. oz. Light Cream  
1 Tbsp. Basil Pesto  
1 oz. Pecorino Cheese



## Pork Tenderloin with Basil-Pecorino Cream Sauce and seared carrots and green beans

NUTRITION per serving—Calories: 601, Carbohydrates: 27g, Fat: 35g, Protein: 45g, Sodium: 1733mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time  
**30-40 min.**

Cook Within  
**5 days**

Difficulty Level ● □ □ □  
**Easy**

Spice Level □ □ □ □  
**Not Spicy**

## 🕒 You will need

Olive Oil, Salt, Pepper, Cooking Spray  
Baking Sheet, Large Non-Stick Pan, Small 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 **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray



1

### Prepare the Ingredients

- Peel, trim, and cut **carrot** into ¼” slices at an angle.
- Trim ends off **green beans**.
- Mince **garlic**.
- Pat **pork tenderloin** dry, and season all over with ½ tsp. **salt** and a pinch of **pepper**.



2

### Cook the Pork Tenderloin

- Place a large non-stick pan over medium-high heat. Add 2 tsp. **olive oil** and **pork tenderloin** to hot pan. Cook until browned on two sides, 2-3 minutes per side.
- Transfer to prepared baking sheet. Roast in hot oven until pork tenderloin reaches a minimum internal temperature of 145 degrees, 10-12 minutes.
- Wipe pan clean and reserve.
- While pork tenderloin roasts, cook vegetables.



3

### Cook the Vegetables

- Return pan used to sear pork tenderloin to medium heat. Add 2 tsp. **olive oil** and **carrot** to hot pan. Stir occasionally until lightly browned, 3-4 minutes.
- Add **green beans, garlic**, ½ tsp. **salt**, and a pinch of **pepper**. Stir occasionally until vegetables are browned and tender, 7-10 minutes.
- Remove from burner.



4

### Make the Sauce

- Place a small pan over medium heat.
- Add **cream** to hot pan and bring to a rolling boil. *Rolling means more than a few bubbles; a rolling boil means water is boiling vigorously.*
- Remove from burner. Stir in **basil pesto** and **pecorino**.



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### Finish the Dish

- Plate dish as pictured on front of card, slicing **pork tenderloin** if desired and garnishing pork with **sauce**. Bon appétit!