Customer Favorite

Pork Tenderloin with Roasted Pears
with green beans and garlic-thyme sauce

NUTRITION per serving–Calories: 536, Carbohydrates: 26g, Fat: 28g, Protein: 45g, Sodium: 1466mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.
*Nutritional information may vary if you selected antibiotic-free chicken breasts as your protein.

Prep & Cook Time
40-50 min.

Cook Within
5 days

Difficulty Level
Intermediate

Spice Level
Not Spicy

In your box
8 oz. Green Beans
1 Bosc Pear
1 Shallot
2 Garlic Cloves
3 Thyme Sprigs
14 oz. Pork Tenderloin
2 tsp. Chicken Base
1 oz. Butter
Prepare the Ingredients

• Trim ends off green beans. Cut into 1" pieces.
• Core pear and cut into ½" slices.
• Peel and halve shallot. Cut into ¼" slices.
• Mince garlic.
• Stem and mince thyme.
• Pat pork tenderloin dry, and season all over with ¼ tsp. salt and a pinch of pepper.

Roast the Pork, Green Beans, and Pear

• Place pork tenderloin on top of green beans and pear.
• Roast in hot oven until pork reaches a minimum internal temperature of 145 degrees, 16-18 minutes.
• If using chicken breasts, follow same instructions and roast until chicken reaches a minimum internal temperature of 165 degrees, 10-12 minutes.
• Rest pork at least 5 minutes, then slice if desired.
• Reserve pan; no need to wipe clean.
• While pork rests, make sauce.

Make the Sauce

• Return pan used to sear pork tenderloin to medium heat. Add 1 tsp. olive oil, garlic, and thyme to hot pan. Cook until fragrant, 30-60 seconds.
• Stir in ¼ cup water and chicken base. Bring to a simmer and cook until slightly thickened, 1-2 minutes.
• Remove from burner and swirl in butter. Season with ¼ tsp. salt and a pinch of pepper.
• Plate as pictured on front of card, placing pork on sauce. Bon appétit!