



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



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

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 **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray



1

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**.



2

Start the Green Beans and Pear

- Heat 2 tsp. **olive oil** in a large non-stick pan over medium-high heat.
- Add **green beans, pear, shallot**, ¼ tsp. **salt**, and ¼ tsp. **pepper** to hot pan. Stir occasionally until lightly charred, 5-7 minutes.
- *If using chicken breasts, stir occasionally until lightly charred, 7-10 minutes.*
- Transfer vegetables to prepared baking sheet and spread into a single layer (some overlap is ok).
- Reserve pan; no need to wipe clean.



3

Sear the Pork

- Return pan used to start green beans and pear to medium-high heat.
- Add 1 tsp. **olive oil** and **pork tenderloin** to hot pan. Cook until browned on two sides, 3-4 minutes per side.
- *If using chicken, cook until browned, 2-3 minutes per side.*



4

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.



5

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!