



#### In your box

8 oz. Carrot  
½ oz. Grated Parmesan  
8 oz. Brussels Sprouts  
½ oz. Light Brown Sugar  
4 tsp. Chicken Demi-Glace  
.6 oz. Butter  
14 oz. Pork Tenderloin

\*Contains: milk

#### You will need

Olive Oil, Salt, Pepper, Cooking Spray  
Baking Sheet, Medium Non-Stick Pan



## Buttery Brown Sugar Pork Medallions with Parmesan-roasted vegetables

NUTRITION per serving—Calories: 532, Carbohydrates: 29g, Fat: 25g, Protein: 49g, Sodium: 1344mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

25-35 min.

Cook Within

6 days

Difficulty Level

Easy

Spice Level

Not Spicy

## 👑 Before you cook

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

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Prepare a baking sheet with foil and cooking spray



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### Prepare the Ingredients

- Trim stems off **Brussels sprouts** and halve vertically (quarter if larger than a ping-pong ball).
- Peel, trim, and cut **carrot** into ¼" slices on an angle.
- Pat **pork tenderloin** dry and, on a separate cutting board, cut into ¾"-thick medallions. Season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



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### Roast the Vegetables

- Place **Brussels sprouts** and **carrot** on prepared baking sheet. Toss with 1 Tbsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage oil into vegetables.
- Spread into a single layer and roast in hot oven until tender and lightly browned, 15-17 minutes.
- While vegetables roast, cook medallions.



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### Cook the Medallions

- Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **medallions** to hot pan. Cook until browned and pork reaches a minimum internal temperature of 145 degrees, 3-4 minutes per side.
- Transfer medallions to a plate.
- Reserve pan; no need to wipe clean.



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### Make the Sauce

- Return pan used to cook medallions to medium-high heat and add **demi-glace**, **brown sugar**, ¼ cup **water**, and a pinch of **salt** to hot pan. Bring to a boil.
- Once boiling, stir occasionally until thickened, 1-2 minutes.
- Remove from burner and swirl in **butter**.



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### Finish the Dish

- Plate dish as pictured on front of card, placing **medallions** on **sauce**, and garnishing **vegetables** with **Parmesan**. Bon appétit!