



In your box

- 1 oz. Grated Parmesan
- 12 oz. Asparagus
- 1 Lemon
- 2 Dill Sprigs
- 4 oz. Grape Tomatoes
- 2 oz. Sour Cream
- 1 Pork Tenderloin
- 1 Shallot



Pork Tenderloin with Dill Crema with Parmesan-roasted asparagus

NUTRITION per serving—Calories: 510, Carbohydrates: 17g, Fat: 26g, Protein: 52g, Sodium: 1230mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
35-45 min.

Cook Within
6 days

Difficulty Level ● ● ● ● ●
Easy

Spice Level ● ● ● ● ●
Not Spicy

🕒 You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, Mixing Bowl, Medium 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
- Ingredient(s) used more than once: **dill**



1

Prepare the Ingredients

- Mince **dill**.
- Zest **lemon**, halve, and juice.
- Halve **tomatoes**.
- Peel and halve **shallot**. Slice thinly.
- Trim woody ends off **asparagus** and cut into 1" lengths.
- Pat **pork tenderloin** dry, and season all over with ¼ tsp. **salt** and a pinch of **pepper**.



2

Roast the Vegetables

- Place **asparagus**, **shallot**, and **tomatoes** on prepared baking sheet and toss with **Parmesan**, 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**.
- Spread evenly on one side of baking sheet (some overlap is ok).



3

Cook the Pork Tenderloin

- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add **pork tenderloin** to hot pan and sear until well-browned on two sides, 3-4 minutes per side.
- Transfer pork tenderloin to empty side of baking sheet.
- Roast in hot oven until vegetables are tender and pork reaches a minimum internal temperature of 145 degrees, 10-12 minutes.
- Transfer pork tenderloin to a clean cutting board and rest at least 5 minutes.
- While pork and vegetables roast, make crema.



4

Make the Dill Crema

- Combine **sour cream**, **dill** (reserve a pinch for garnish), 1 tsp. **lemon juice**, 1 tsp. **olive oil**, ¼ tsp. **lemon zest**, ¼ tsp. **salt**, and a pinch of **pepper** in a mixing bowl.
- Set aside.



5

Finish the Dish

- Slice **pork tenderloin** into ½"-thick pieces.
- Plate dish as pictured on front of card, garnishing with **sauce** and reserved **dill**. Bon appétit!