



#### In your box

- 1 Tbsp. Meatloaf Seasoning
- 12 oz. Asparagus
- 1 tsp. Sugar
- 1 oz. Shaved Parmesan
- 2 tsp. Fig Preserves
- 2 tsp. Chicken Demi-Glace
- 1 oz. Balsamic Vinegar
- .3 oz. Butter

#### Customize It Options

- 14 oz. Pork Tenderloin
- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Salmon Fillets
- 14 oz. USDA Choice New York Strip Steak (Serves 2)



## Balsamic-Fig Pork Tenderloin

with Parmesan asparagus

NUTRITION per serving—Calories: 490, Carbohydrates: 17g, Fat: 23g, Protein: 49g, Sodium: 1209mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients  
*\*Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.*

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

Cook Within  
**6 days**

Difficulty Level ● ● ● ○  
**Intermediate**

Spice Level ○ ○ ○ ○ ●  
**Not Spicy**

## 📌 You will need

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

## 👑 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



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### Prepare the Ingredients

- Trim woody ends off **asparagus**.
- In a mixing bowl, combine **balsamic vinegar, sugar, demi-glace, fig preserves**, and ¼ cup **water** until sugar dissolves. Set aside.
- Pat **pork** dry, and season all over with half the **seasoning blend** and a pinch of **salt** and **pepper**.
- *If using NY strip steak or chicken breasts, follow same instructions. If using salmon fillets, season flesh side only.*



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### Sear the Pork

- Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **pork** to hot pan and sear on two sides until browned, 3-4 minutes per side.
- Transfer pork to one half of prepared baking sheet. *Pork will finish cooking in a later step.*
- Reserve pan; no need to wipe clean.
- *If using NY strip steak or chicken breasts, follow same instructions, searing 2-3 minutes per side. If using salmon fillets, follow same instructions, searing 2-4 minutes on one side.*



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### Roast the Pork and Asparagus

- On an empty half of baking sheet, toss **asparagus** with 2 tsp. **olive oil\***, ¼ tsp. **salt** and **remaining** seasoning blend\*\*. Massage oil and seasoning into asparagus.
- Spread into a single layer on their side. Roast in hot oven until asparagus is tender and **pork** reaches a minimum internal temperature of 145 degrees, 13-16 minutes.
- *If using NY strip steak or salmon, follow same instructions and roast in hot oven until protein reaches a minimum internal temperature of 145 degrees, 12-14 minutes for NY Strip, 7-10 minutes for salmon. If using chicken, follow same instructions and roast in hot oven until chicken reaches a minimum internal temperature of 165 degrees, 10-12 minutes. If asparagus needs more time, remove protein from baking sheet and roast, 3-6 minutes.*
- Rest pork 5 minutes.
- While pork rests, make sauce.



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### Make the Sauce

- Return pan used to sear pork to medium heat. Add **balsamic-fig mixture** to hot pan and bring to a simmer. Once simmering, stir constantly until liquid is reduced by half, 2-3 minutes.
- Remove from burner and stir in **butter** until combined. Season with a pinch of **salt** and **pepper**.



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### Finish the Dish

- *Halve NY Strip to serve.*
- Plate dish as pictured on front of card, spooning **sauce** over **pork** and garnishing **asparagus** with **Parmesan**. Bon appétit!