



#### In your box

- ½ fl. oz. Apple Cider Vinegar
- 1 Shallot
- 1 tsp. Seasoned Salt Blend
- 2 tsp. Chicken Demi-Glace
- 12 oz. Green Beans
- .6 oz. Butter
- ½ oz. Apricot Preserves
- ½ oz. Seasoned Croutons
- ½ oz. Slivered Almonds

#### Customize It Options

- 14 oz. Pork Tenderloin
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Wild-Caught Alaskan Sockeye Salmon Fillets

\*Contains: milk, wheat, soy, tree nuts (almonds), fish (salmon)

#### You will need

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



## Apricot Almond Pork Tenderloin with green beans

NUTRITION per serving—Calories: 520, Carbohydrates: 27g, Fat: 25g, Protein: 48g, Sodium: 1311mg.

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

30-40 min.

Cook Within

6 days

Difficulty Level

Expert

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

## Customize It Instructions

- If using **wild salmon**, pat dry and season flesh side with half the **seasoned salt**. Follow same instruction as pork tenderloin in Step 2, searing on flesh-side, 2-4 minutes, then roasting in hot oven until salmon reaches minimum internal temperature, 6-8 minutes. Use remaining seasoned salt on the green beans.
- If using **chicken**, follow same instructions as pork tenderloin in Steps 1 and 2, searing on both sides until browned, 2-3 minutes. Then roast until chicken reaches minimum internal temperature, 10-12 minutes.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



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### Prepare the Ingredients

- Peel and halve **shallot**. Slice thinly.
- Trim ends off **green beans**.
- Coarsely chop **almonds**.
- Coarsely crush **croutons**.
- Pat **pork tenderloin** dry, and season all over with **seasoned salt**.



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### Roast the Pork Tenderloin

- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Place **pork tenderloin** in hot pan and sear on two sides until browned, 3-4 minutes per side.
- Transfer pork tenderloin to prepared baking sheet. Roast in hot oven until pork reaches a minimum internal temperature of 145 degrees, 16-18 minutes.
- Reserve pan; no need to wipe clean.
- While pork roasts, cook vegetables.



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### Cook the Green Beans

- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add **green beans**, **shallot**, and ¼ tsp. **salt** to hot pan and stir occasionally until tender, 8-10 minutes.
- *If green beans need more time, add 2 Tbsp. water and stir occasionally, 1-3 minutes.*
- Remove from burner.



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### Make the Sauce

- Return pan used to cook pork to medium heat.
- Add **apple cider vinegar**, **demi-glace**, and **apricot preserves** to hot pan and stir to combine. Bring to a simmer. Once simmering, stir until slightly thickened, 1-2 minutes.
- Remove from burner and stir in **butter** and **almonds** until combined.



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### Finish the Dish

- If desired, slice **pork** into ½" slices.
- Plate dish as pictured on front of card, spooning **sauce** over pork and garnishing **green beans** with **croutons**. Bon appétit!