



In your box

- 8 oz. Green Beans
- 1 Bosc Pear
- 1 Shallot
- 2 Garlic Cloves
- 3 Thyme Sprigs
- 2 tsp. Chicken Base
- 1 oz. Butter

Customize It Options

- 14 oz. Pork Tenderloin
- 13 oz. Boneless Skinless Chicken Breasts
- 16 oz. Bone-in Pork Chops
- 14 oz. USDA Choice New York Strip Steak (Serves 2)

You will need

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



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
*Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.

Prep & Cook Time
40-50 min.

Cook Within
5 days

Difficulty Level
Intermediate

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
- Check **pear** for ripeness upon delivery. If unripe, close in a paper bag, either alone or with a banana, apple, or tomato. Let sit on a counter for a couple days.

Customize It Instructions

- If using **bone-in pork chops**, follow same instructions as pork tenderloin in Step 1. In Step 2, roast side, 10 minutes. Follow same instructions as pork tenderloin in Steps 3 and 4, cooking 2-3 minutes per side before roasting until pork reaches minimum internal temperature, 6-9 minutes.
- If using **NY strip steak**, follow same instructions as pork tenderloin in Step 1. Follow same instructions as pork tenderloin in Steps 3 and 4, cooking 2-3 minutes per side before roasting until steak reaches minimum internal temperature, 12-14 minutes. Halve before serving.
- If using **chicken breasts**, follow same instructions as pork tenderloin in Step 1. Roast, 10 minutes. Follow same instructions as pork tenderloin in Steps 3 and 4, cooking 2-3 minutes per side before roasting until chicken reaches minimum internal temperature, 10-12 minutes.

Minimum Internal Temperature

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



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.
- Stem and mince **thyme**.
- Mince **garlic**.
- Pat **pork tenderloin** dry, and season all over with ¼ tsp. **salt** and a pinch of **pepper**.



2

Start the Green Beans and Pear

- Place **green beans, pear, and shallot** on prepared baking sheet and toss with 2 tsp. **olive oil**, ¼ tsp. **salt**, and ¼ tsp. **pepper**. Massage oil into ingredients and spread into a single layer (some overlap is OK).
- Roast in hot oven until pear starts to soften, 5 minutes.
- Carefully remove from oven.



3

Sear the Pork

- Place a medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add **pork tenderloin** to hot pan and cook until browned on two sides, 3-4 minutes per side.
- Place pork tenderloin on top of **green beans and pears**. *Pork will continue cooking in a later step.*
- Reserve pan; no need to wipe clean.



4

Roast the Pork, Green Beans, and Pear

- Roast baking sheet in hot oven until **pork** reaches minimum internal temperature, 16-18 minutes.
- Rest pork at least 5 minutes, then slice if desired.
- While pork rests, make sauce.



5

Make Sauce and Finish Dish

- Return pan used to sear pork tenderloin to medium heat. Add 1 tsp. **olive oil**, **garlic**, and **thyme** to hot pan. Stir constantly until aromatic, 30-60 seconds.
- Stir in ¼ cup **water** and **chicken base**. Bring to a simmer. Once simmering, stir occasionally until thickened slightly, 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!