



In your box

- ½ tsp. Garlic Salt
- ¼ oz. Parsley
- ½ fl. oz. Red Wine Vinegar
- .6 oz. Butter
- ½ oz. Roasted Pecans
- 1 Red Onion
- ½ oz. Crumbled Bacon
- 16 oz. Carrot
- 2 tsp. Sugar

Customize It Options

- 14 oz. Pork Tenderloin
- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Salmon Fillets
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk, tree nuts (pecans)

You will need

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



Pork Tenderloin with Red Onion Bacon Marmalade

and parsley butter carrots with pecans

NUTRITION per serving—Calories: 564, Carbohydrates: 31g, Fat: 28g, Protein: 48g, Sodium: 1660mg.

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

35-45 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
- Ingredient(s) used more than once: **butter, parsley**

Customize It Instructions

- If using **chicken breasts**, pat dry and season both sides with ¼ tsp. **salt** and a pinch of **pepper**. Follow same instruction as pork in Step 3, searing 2-3 minutes per side, then roasting until chicken reaches minimum internal temperature, 10-12 minutes.
- If using **salmon**, do not turn oven on. Pat dry and season flesh side with ¼ tsp. **salt** and a pinch of **pepper**. Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add salmon, skin side up, to hot pan and sear until golden brown and salmon reaches a minimum internal temperature of 145 degrees, 4-6 minutes per side.

Minimum Internal Temperature

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



1

Prepare the Ingredients

- Coarsely chop **pecans**.
- Coarsely chop **parsley**, leaves and stems.
- Halve and peel **onion**. Slice halves into thin strips.
- Peel, trim, and cut **carrot** into ¼" rounds.
- Pat **pork tenderloin** dry, and season all over with ¼ tsp. **salt** and a pinch of **pepper**.



2

Make the Marmalade

- Place a small pot over medium heat and add 2 tsp. **olive oil**. Add **bacon** and **onion** to hot pot. Cover, and stir occasionally until onion is softened, 5-6 minutes.
- Stir in **sugar**, **vinegar**, and a pinch of **salt**. Cover again, and stir often until onion is translucent, 10-12 minutes.
- *If pot becomes too dry, stir in 1 Tbsp. water as needed.*
- Remove from burner and stir in half the **butter** and half the **parsley** (reserve remaining of both for carrots) until butter is melted. Cover and set aside.
- While marmalade cooks, cook pork.



3

Cook the Pork Tenderloin

- Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **pork tenderloin** to hot pan and sear on two "sides" until browned, 3-4 minutes per side.
- Transfer pork tenderloin to prepared baking sheet. Wipe pan clean and reserve.
- Roast in hot oven until pork reaches a minimum internal temperature of 145 degrees, 9-11 minutes.
- Rest cooked pork, 5 minutes.
- While pork roasts, cook carrot.



4

Cook the Carrot

- Return pan used to cook pork to medium-high heat.
- Add **carrot** and ¼ cup **water** to hot pan. Bring to a simmer.
- Once simmering, cover and stir occasionally until water is mostly evaporated and carrots are tender, 5-6 minutes.
- Remove from burner. Stir in remaining **butter**, remaining **parsley**, **garlic salt**, ¼ tsp. **salt**, and a pinch of **pepper**.



5

Finish the Dish

- If desired, slice **pork tenderloin** into ½" slices.
- Plate dish as pictured on front of card, topping pork with **marmalade**, and garnishing **carrot** with **pecans**. Bon appétit!