



In your box

2 Garlic Cloves
.6 oz. Butter
2 tsp. Chicken Demi-Glace
3 oz. Marsala Cooking Wine
4 oz. Cremini Mushrooms
12 oz. Broccoli Florets

Customize It Options

14 oz. Pork Tenderloin
12 oz. Filets Mignon
13 oz. Boneless Skinless Chicken Breasts
16 oz. USDA Choice Boneless Ribeye Steak (Serves 2)

*Contains: milk

You will need

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



Pork Tenderloin Marsala

with roasted broccoli

NUTRITION per serving—Calories: 531, Carbohydrates: 18g, Fat: 26g, Protein: 49g, Sodium: 916mg.

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

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!

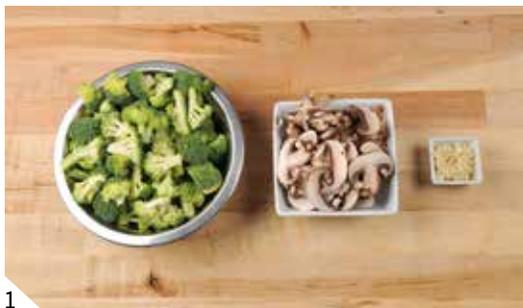
- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- If using any fresh produce, thoroughly rinse and pat dry
- Prepare a baking sheet with foil and cooking spray

Customize It Instructions

- If using **filets mignon**, follow same instructions as pork in Steps 1, 3 and 4, searing until browned on two sides, 2-3 minutes per side, then roasting until filets reach a minimum internal temperature of 145 degrees, 12-14 minutes.
- If using **ribeye**, follow same instructions as pork in Steps 1, 3 and 4, searing steaks until browned on two sides, 2-3 minutes per side then roasting until ribeye reach a minimum internal temperature of 145 degrees, 12-14 minutes. Halve to serve.
- If using **chicken breasts** follow same instructions as pork in Steps 1, 3 and 4, searing chicken on two sides, 4-5 minutes per side, then roasting until chicken reaches minimum internal temperature, 8-10 minutes.

Minimum Internal Temperature

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



1

Prepare the Ingredients

- Cut **mushrooms** into ¼" slices.
- Cut **broccoli** into bite-sized pieces.
- Mince **garlic**.
- Pat **pork tenderloin** dry, and season all over with ¼ tsp. **salt** and a pinch of **pepper**.



2

Prepare the Broccoli

- Place **broccoli** on prepared baking sheet and toss with **garlic**, 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage oil and seasoning into broccoli.
- Spread into a single layer on one half of baking sheet.



3

Sear the Tenderloin

- Heat 2 tsp. **olive oil** in a large non-stick pan over medium-high heat. Add **pork tenderloin** to hot pan and sear until browned on two sides, 3-4 minutes per side.
- Transfer pork tenderloin to empty half of baking sheet.
- Reserve pan; no need to wipe clean.



4

Roast the Broccoli and Pork Tenderloin

- Roast **pork tenderloin** and **broccoli** in hot oven until broccoli is tender and pork reaches a minimum internal temperature of 145 degrees, 13-16 minutes.
- Rest roasted pork tenderloin 5 minutes, then cut into ½" slices.
- While broccoli and pork roast, make sauce.



5

Make Sauce and Finish Dish

- Return pan used to sear pork tenderloin to medium heat and add 2 tsp. **olive oil**. Add **mushrooms** to hot pan and stir occasionally until browned, 5-7 minutes.
- Stir in **demi-glace** and **Marsala wine** and bring to a simmer.
- Once simmering, stir often until slightly thickened, 1-2 minutes.
- Remove from burner and swirl in **butter**. Season with a pinch of **pepper**.
- Plate dish as pictured on front of card, topping **pork slices** with sauce. Bon appétit!