MARLEY SPOON

Pork Tenderloin

with Two-Bean Salad & Lemon Dressing

20-30min 2 Servings

Crushed fennel seeds, salt, and pepper act like a quick dry-brine, giving this juicy grilled pork tenderloin an almost Italian sausage-like flavor. Two beans–creamy cannellini and crisp-tender green beans–are tossed in a bright lemon dressing loaded with plenty of chopped parsley for added freshness and color.

What we send

- 10 oz pkg pork tenderloin
- ¼ oz fennel seeds
- ½ lb green beans
- 1 shallot
- 15 oz can cannellini beans
- 1 lemon
- ¼ oz fresh parsley

What you need

- olive oil
- kosher salt & ground pepper
- sugar

Tools

- grill, grill pan, or skillet
- medium saucepan
- meat mallet (or heavy skillet)
- fine-mesh sieve

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 590kcal, Fat 27g, Carbs 40g, Protein 48g

1. Prep pork

Light a grill to medium-high if using; **oil** grates. Bring a medium saucepan of **salted water** to a boil; cover to keep warm over medium-low until step 5. Pat **pork** dry. Cut pork lengthwise, slicing halfway through; open up like a book and place between sheets of plastic wrap. Using a meat mallet or heavy skillet, pound to an even ¼-inch thickness.

2. Season pork

Coarsely chop **fennel seeds**. Transfer to a small bowl along with **½ teaspoon salt** and **a pinch of pepper**.

Rub **pork** lightly with **oil** and season on both sides with fennel mixture. Let rest at room temperature until step 6.

3. Prep vegetables

Trim ends from **green beans**; cut crosswise into 1-inch pieces. Trim ends from **shallot**, then halve and finely chop **¼ cup**.

Drain and rinse **cannellini beans**. Squeeze **3 tablespoons lemon juice**. Finely chop **parsley leaves and stems**.

4. Make dressing

In a medium bowl, combine **lemon juice**, **chopped shallot**, **¼ cup oil**, **1 teaspoon sugar**, **½ teaspoon salt**, and **a few grinds of pepper**. Transfer **1½ tablespoons dressing** to a small bowl; reserve for step 6.

Add **cannellini beans** to remaining lemon dressing in the medium bowl. Toss gently to combine.

5. Cook green beans

Return **salted water** to a boil. Add **green beans** and cook until crisp-tender, about 4 minutes. Drain, rinse with cold water, and drain again. Pat dry with paper towels.

Add green beans and **half of the parsley** to **cannellini beans**. Toss gently to combine. Season to taste with **salt** and **pepper**.

6. Grill pork

Heat grill pan or skillet over medium-high, if using; add **pork** to grill or pan. Cook until lightly charred on one side, about 5 minutes. Flip, cook 1–2 minutes more, or until just cooked through. Transfer to cutting board to rest 5 minutes; thinly slice, if desired. Drizzle **pork** with **reserved dressing** and **sprinkle with remaining parsley**; serve with **bean salad** alongside. Enjoy!