



## Pork Tenderloin

with Date-Cilantro Relish & Quinoa

30-40min 2 Servings

Sweet and savory flavors shine brightest when they're combined, and this date-cilantro relish is proof! Aromatic cilantro is combined with sweet Medjool dates, freshly squeezed orange juice, and a splash of vinegar. The result is a no-cook, chutney-like relish that takes roasted pork tenderloin to new heights.

## What we send

- garlic (use 1 large clove)
- 1 oz salted almonds <sup>15</sup>
- 1 orange
- ½ lb broccoli crowns
- 3 oz quinoa
- 10 oz pkg pork tenderloin
- ¼ oz fresh cilantro
- 2 oz Medjool dates (use half)

## What you need

- olive oil
- kosher salt & ground pepper
- balsamic (or white wine vinegar) <sup>17</sup>

## Tools

- microplane or grater
- small saucepan
- rimmed baking sheet
- medium skillet

**Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.**

**For recipes containing garlic, you'll find one head of garlic in your box.**

**We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.**

## Allergens

Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 710kcal, Fat 37g, Carbs 49g, Proteins 46g



### 1. Prep ingredients

Preheat oven to 425°F with a rack in center. Peel and finely chop **1 teaspoon garlic**. Coarsely chop **almonds**. Finely grate **1½ teaspoons orange zest**, then separately squeeze **2 teaspoons juice** into a small bowl; cut any remaining orange into wedges. Cut **broccoli** into 1-inch florets.



### 4. Roast pork & broccoli

Roast on center oven rack until **pork** reaches an internal temperature of 145°F, **broccoli** is tender and browned in spots, and oranges are lightly browned, 15–18 minutes (for medium and still slightly pink in the center of pork). Remove from oven, and transfer pork to a cutting board to rest for 5 minutes.



### 2. Cook quinoa

Heat **1 tablespoon oil** in a small saucepan over medium-high. Add **quinoa**, **almonds**, and **garlic**; cook, stirring, until quinoa is lightly toasted, 2–3 minutes. Add **1 cup water** and **½ teaspoon salt**; bring to a boil. Cover, reduce to low, and cook until water is absorbed and quinoa is tender, about 15 minutes. Cover to keep warm.



### 5. Make date-cilantro relish

Coarsely chop **cilantro leaves and stems** together. Cut **half of the dates** into small pieces, removing any pits if necessary (save rest for own use); add to bowl with **orange juice**; toss to combine. Stir in cilantro, **1½ tablespoons oil** and **1 teaspoon vinegar**. Season to taste with **salt** and **pepper**.



### 3. Season pork & broccoli

Lightly **oil** a rimmed baking sheet. Pat **pork** dry and place on one side of baking sheet. Rub **orange zest** all over pork and season generously with **salt** and **pepper**. Add **broccoli** to other side of baking sheet, toss with **1 tablespoon oil** and season with **salt** and **pepper**. Place **orange wedges** on baking sheet cut sides-down.



### 6. Serve

Thinly slice **pork** crosswise. Fluff **quinoa** with a fork. Serve **pork**, **broccoli**, and **quinoa**, with the **charred oranges** squeezed over **pork** and **broccoli**, and **some of the date-cilantro relish** on top of the **pork**. Pass **remaining relish** at the table. Enjoy!