

Fs sku0793 web

Maple-Glazed Pork and Parsnips

with Radicchio Salad



30-40min



2 Servings

Maple syrup is our secret flavor booster in this meal. It coats radicchio, parsnips and pork tenderloin with a sweet butter glaze. Radicchio mellows and loses some of its bite when cooked. So we kept a few leaves raw and tossed them with a shallot vinaigrette, before adding to the cooked veggies. The result is a warming meal with pockets of crisp freshness. Cook, relax, and enjoy!

What we send

- maple syrup
- parsnips
- radicchio
- pork tenderloin
- shallot
- apple cider vinegar
- Dijon mustard ¹⁷

What you need

- coarse salt
- freshly ground black pepper
- olive oil

Tools

- large skillet
- rimmed baking sheet

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

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

Nutrition per serving

Calories 670kcal, Fat 35g, Carbs 40g, Proteins 42g



1. Roast parsnips

Preheat oven to 425°F. Peel parsnips and cut into 3-inch pieces, halving or quartering if large. Toss with 2 tablespoons oil and ½ teaspoon salt on a rimmed baking sheet. Season with pepper and roast until beginning to turn golden, about 15 minutes. Remove from oven.



2. Prep radicchio

Meanwhile, separate leaves of radicchio, halving any very large leaves, and toss with 1 tablespoon oil and ¼ teaspoon salt.



3. Brown pork

Season pork with ½ teaspoon salt and lots of pepper. Heat 2 teaspoons oil in a large skillet over medium-high. Add pork and cook, turning as needed, until browned on all sides, 6-8 minutes; transfer pork to baking sheet with parsnips and remove skillet from heat.



4. Make glaze

Whisk together maple syrup and 2 tablespoons cider vinegar. To skillet, add maple-vinegar mixture and butter and swirl until melted; transfer to a small bowl. Pour glaze all over pork and parsnips. Add half of radicchio to sheet.



5. Roast

Roast pork and vegetables until radicchio is wilted, parsnips are tender and pork registers 145°F with an instant read thermometer, 12-15 minutes more. Let pork rest 5 minutes before slicing.



6. Make dressing

Whisk together Dijon, shallot, remaining tablespoon vinegar, 1 tablespoon olive oil and ¼ teaspoon salt and pepper. Add raw radicchio and toss to coat. Serve pork with parsnips and radicchio, being sure to scrape maple juices from baking sheet over the plate. Enjoy!