



## Parmesan & Herb Pork Roast

with Broccoli-Farro Salad



30-40min



2 Servings

Slathering a pork roast in herbs and Parmesan cheese is the start of something magical. And that's exactly what we do with this dish. The pork tenderloin is roasted in the oven to juicy perfection, and served with an addictive side dish of farro-broccoli salad. Filled with whole-grain and veggie goodness, but also such a pleasure to eat, that even the pickiest of eaters will gladly tuck in.



## What we send

- 10 oz pkg pork tenderloin
- ½ lb broccoli
- 1 lemon
- ¾ oz Parmesan <sup>7</sup>
- ¼ oz Tuscan spice blend
- 10 oz ready to heat farro <sup>1</sup>

## What you need

- kosher salt & ground pepper
- olive oil
- sugar
- garlic

## Tools

- small saucepan
- microplane or grater
- rimmed baking sheet

## Allergens

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 890kcal, Fat 46g, Carbs 70g, Protein 56g



### 1. Prep pork

Preheat oven to 425°F with a rack in the center position.

Pat **pork** dry. Cut **broccoli** into ¾-inch florets, if necessary. Quarter **lemon**.

Finely grate **Parmesan**.



### 2. Season pork & broccoli

In a small bowl, combine **3 tablespoons of the Parmesan**, **2 tablespoons oil**, **2½ teaspoons Tuscan spice**, and **a few grinds of pepper**. Rub **herb-Parmesan paste** all over **pork**.

Place on one side of a rimmed baking sheet with **1 lemon wedge**. Add **broccoli** to open half of baking sheet; toss with **1 tablespoon oil** and season with **salt** and **pepper**.



### 3. Roast pork & broccoli

Roast **pork and broccoli** on center oven rack until pork reaches 145°F internally, and broccoli is crisp-tender, about 15-18 minutes.

Remove from oven, and transfer pork to a cutting board to rest for at least 5 minutes. Reserve roasted **lemon wedge** for step 6.



### 4. Heat farro

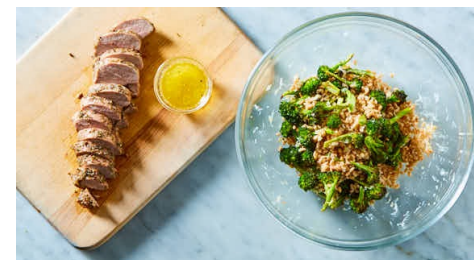
In a small saucepan, combine **farro** and **2 tablespoons water**. Heat over medium-high until grains are warmed through, 2-4 minutes. (Alternatively, transfer farro to a microwave-safe bowl and microwave for 60-90 seconds.)



### 5. Make dressing

Finely chop **1 teaspoon garlic**. Squeeze **2 tablespoons juice** from **remaining lemon quarters** into a large bowl.

Add **garlic**, **2 teaspoons sugar**, **½ teaspoon salt**, and **a few grinds of pepper**. Whisk in **2 tablespoons oil**. Transfer **2 tablespoons of the dressing** to a small bowl; set aside for step 6.



### 6. Finish & serve

To large bowl with **lemon dressing**, add **farro**, **broccoli**, and **remaining Parmesan**; toss to combine. Season to taste with **salt** and **pepper**. Thinly slice **pork** crosswise. Squeeze **roasted lemon wedge** into **reserved dressing**, then spoon over **pork**. Serve **pork** with **farro salad** alongside. Enjoy!