



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. Cook, relax, and enjoy!

What we send

- fresh parsley
- fennel seeds
- pork tenderloin
- canned cannellini beans
- green beans
- lemon
- shallot

What you need

- kosher salt & ground pepper
- olive oil
- sugar

Tools

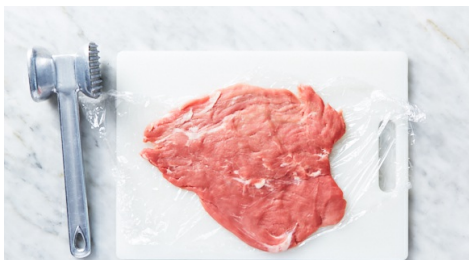
- colander
- meat mallet (or heavy skillet)
- medium saucepan

Allergens

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

Nutrition per serving

Calories 598kcal, Fat 31g, Carbs 49g, Protein 40g



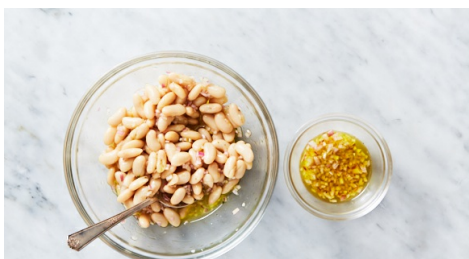
1. Prep pork

Light a grill to medium-high if using; **oil** grates. Bring a medium saucepan of **salted water** to a boil, cover, 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 ⅓ **teaspoon pepper**. Rub **pork** lightly with **oil** and season on both sides with **fennel mixture**. Let rest at room temperature until step 6.



4. Make dressing

In a medium bowl, combine **lemon juice**, **chopped shallot**, **1 teaspoon sugar**, ½ **teaspoon salt**, **a few grinds pepper**, and ¼ **cup oil**. Transfer **1½ tablespoons of the dressing** to a small bowl, reserve for step 6. Add **cannellini beans** to **remaining lemon dressing** in the medium bowl. Toss gently to combine.

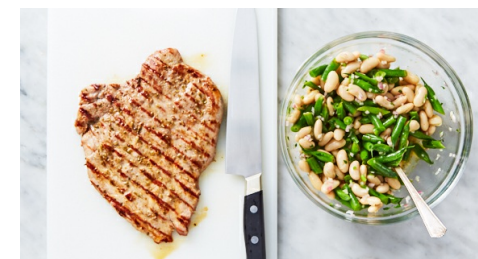


5. Cook green beans

Return **salted water** to a boil. Add **green beans**, 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**.

3. Prep vegetables

Trim string ends from **green beans**; cut crosswise into 1-inch pieces. Trim ends from **shallot**, then halve, peel and finely chop ¼ **cup**. Drain and rinse **cannellini beans**. Squeeze **3 tablespoons lemon juice**. Finely chop **parsley leaves and stems**.



6. Grill pork

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

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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