



## 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, then 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

- 4 oz farro <sup>1</sup>
- 10 oz pkg pork tenderloin
- ½ lb broccoli
- 1 lemon
- ¾ oz Parmesan <sup>2</sup>
- ¼ oz Tuscan spice blend
- garlic

## What you need

- kosher salt & ground pepper
- olive oil
- sugar

## Tools

- medium saucepan
- microplane or grater
- rimmed baking sheet

## Allergens

Wheat (1), Milk (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 830kcal, Fat 45g, Carbs 52g, Protein 52g



### 1. Cook farro

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

Bring a medium saucepan of **salted water** to a boil. Add **farro** and cook until tender, 18-20 minutes. Drain well; cover to keep warm off heat until ready to serve.



### 4. 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.

Transfer pork to a cutting board to rest, at least 5 minutes. Reserve **roasted lemon wedge** for step 6.



### 2. Prep pork

Pat **pork** dry.

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

Finely grate **Parmesan**.



### 5. Make dressing

Finely chop **1 teaspoon garlic**.

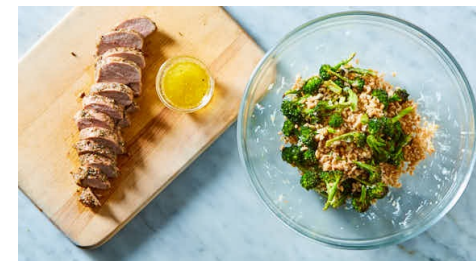
Squeeze **2 tablespoons of the remaining lemon juice** into a large bowl. Add **garlic, 2 teaspoons sugar, ½ teaspoon salt, and a few grinds of pepper**. Whisk in **2 tablespoons oil**. Transfer **2 tablespoons of the dressing** to a small bowl; set aside for step 6.



### 3. Season pork & broccoli

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

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



### 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 small bowl with **reserved dressing**, then spoon over **pork**.

Serve **pork** with **farro salad** alongside. Enjoy!