



Martha's Best Seared Citrus Pork Tenderloin

with Broccoli, Date Relish & Quinoa Pilaf



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
- 1 oz salted almonds ¹⁵
- 1 orange
- ½ lb broccoli
- 3 oz white quinoa
- 10 oz pkg pork tenderloin
- ¼ oz fresh cilantro
- 2 oz medjool dates

What you need

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

Tools

- small saucepan
- microplane or grater
- rimmed baking sheet

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 770kcal, Fat 37g, Carbs 60g, Protein 49g



1. Prep ingredients

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

Finely chop **1 teaspoon garlic**. Coarsely chop **almonds**. Cut **broccoli** into 1-inch florets, if necessary.

Finely grate **1½ teaspoons orange zest**, then separately squeeze **2 teaspoons juice** into a small bowl; cut any remaining orange into wedges.



4. Roast pork & broccoli

Roast on center oven rack until **pork** reaches 145°F internally, **broccoli** is tender and browned in spots, and **oranges** are lightly browned, 15-18 minutes (roast pork longer for desired doneness). 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. Keep covered until ready to serve.



5. Make date-cilantro relish

Coarsely chop **cilantro leaves and stems** together.

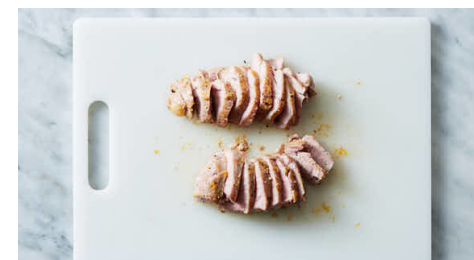
Add **half of the dates** (save rest for own use) to bowl with **orange juice**; toss to combine. Stir in **cilantro, 1½ tablespoons oil** and **1 teaspoon vinegar**. Season to taste with **salt and pepper**.



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 all over 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 side down.



6. Finish & serve

Thinly slice **pork** crosswise. Fluff **quinoa** with a fork.

Serve **pork, broccoli, and quinoa** with **charred oranges** squeezed over top and with **some of the date-cilantro relish** over **pork**. Pass **remaining relish** at the table. Enjoy!