

# DINNERLY



## Low-Carb Roast Pork Tenderloin with Apricot Pan Sauce & Spiced Carrots



20-30min



2 Servings

Hangry is a real emotion and we feel it deep in our souls sometimes. Then we taste this sauced up roast pork with tender spiced carrots and the world feels peaceful again. Each bite brings a touch of tang from the apricot pan sauce and warmth from one of our favorite spice blends, garam masala. Tonight, the only emotion we're feelin' is delight. We've got you covered!

### WHAT WE SEND

- 1 bag carrots
- ¼ oz garam masala
- ¼ oz fresh cilantro
- ½ oz apricot preserves
- 1 pkt chicken broth concentrate
- 10 oz pkg pork tenderloin

### WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- white wine vinegar (or apple cider vinegar)
- butter <sup>1</sup>

### TOOLS

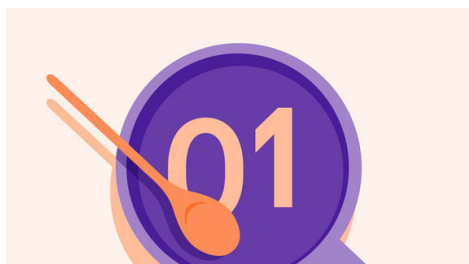
- medium skillet
- rimmed baking sheet

### ALLERGENS

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

### NUTRITION PER SERVING

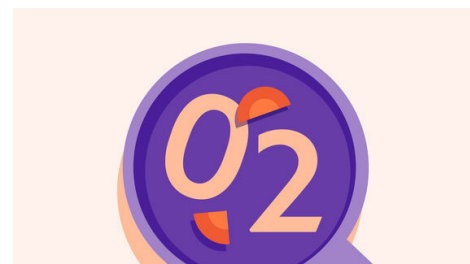
Calories 560kcal, Fat 32g, Carbs 30g, Protein 40g



#### 1. Prep carrots & sear pork

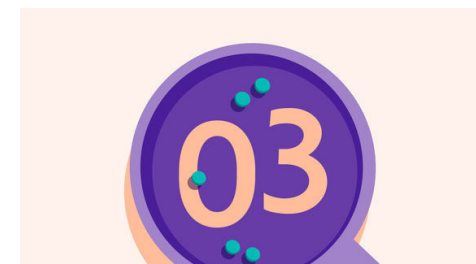
Preheat oven to 450°F with a rack in the center. Trim ends from **carrots**, then quarter lengthwise.

Pat **pork** dry, then season all over with **salt** and **pepper**. Heat ½ **tablespoon** oil in a medium skillet over medium-high. Add pork and cook, turning, until golden-brown all over, about 6 minutes. Remove from heat and set aside until step 3.



#### 2. Roast carrots

While **pork** cooks, on a rimmed baking sheet, toss **carrots** with 1 **teaspoon** **garam masala**, 1½ **tablespoons** oil, and a **pinch** each of **salt** and **pepper**. Roast on center oven rack until tender, tossing halfway through, about 20 minutes.



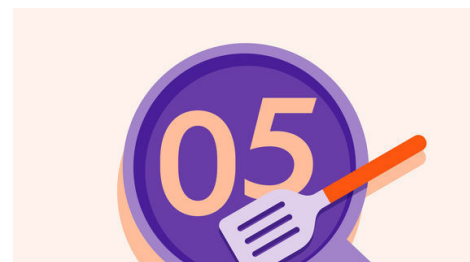
#### 3. Roast pork

Once **carrots** are halfway done roasting, transfer seared **pork** from skillet to same baking sheet. Continue to roast on center oven rack until pork is firm to the touch with an internal temperature of 145°F, 6–10 minutes. Transfer pork to a cutting board to rest. Set baking sheet with carrots aside until ready to serve.



#### 4. Cook apricot pan sauce

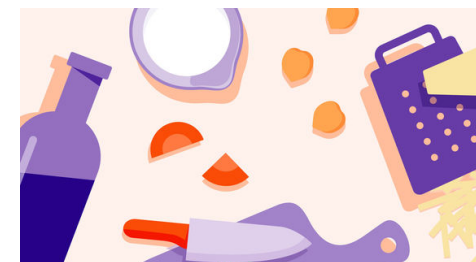
While **pork** and **carrots** finish cooking, coarsely chop **cilantro leaves** and **stems**. In same skillet, stir to combine **apricot preserves**, **broth concentrate**, 1½ **teaspoons** **vinegar**, and ½ **cup** **water**; bring to a rapid simmer over medium-high, scraping up any browned bits from the bottom of skillet, and cook until sauce is reduced to about ¼ cup, about 3 minutes.



#### 5. Finish & serve

To skillet with **apricot sauce**, add 2 **tablespoons** **butter** and **any resting pork juices**; swirl until butter is melted. Stir in **half of the cilantro**; season to taste with **salt** and **pepper**. Thinly slice **pork**, if desired.

Serve **roasted pork** with **spiced carrots** alongside. Spoon **apricot pan sauce** over top and garnish with **remaining cilantro**. Enjoy!



#### 6. Carbo load!

Soak up all that sauce with a quick rice pilaf! Serve the sliced pork over top, then drizzle with sauce, and dig in for a major home run.