



## Apricot-Stuffed Pork Tenderloin

with Roasted Vegetables & Gravy



30-40min



2 Servings

Quick-cooking pork tenderloin is the perfect cut of meat for a weeknight dinner—it only tastes like you've spent hours cooking! We stuff the tender pork with a dried apricot filling, then roast it and serve it alongside roasted Brussels sprouts and sweet potatoes. A rich pan gravy ties it all together for the perfect sweet and savory bite.



## What we send

- 1 shallot
- 1 oz dried apricots <sup>12</sup>
- 1 sweet potato
- ½ lb Brussels sprouts
- ¼ oz fresh thyme
- garlic
- 10 oz pkg pork tenderloin
- 1 pkt chicken broth concentrate

## What you need

- olive oil
- apple cider vinegar (or white wine vinegar)
- sugar
- kosher salt & ground pepper
- butter <sup>7</sup>
- all-purpose flour (or gluten-free alternative)

## Tools

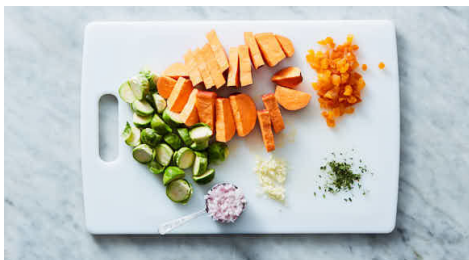
- medium ovenproof skillet
- rimmed baking sheet

## Allergens

Milk (7), Sulphur dioxide and sulphites (12). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 700kcal, Fat 34g, Carbs 59g, Protein 45g



### 1. Prep ingredients

Preheat oven to 450°F with racks in the upper third and center.

Finely chop **half of the shallot**. Coarsely chop **dried apricots**. Scrub **sweet potato**, then halve lengthwise and cut into ½-inch thick half moons. Trim ends from **Brussels sprouts** (remove outer leaves, if necessary); cut in half. Pick and finely chop **1 teaspoon thyme leaves**. Finely chop **1 teaspoon garlic**.



### 4. Season pork

Use a sharp knife to cut a 1-inch wide pocket through the center of each piece of **pork**; use the handle of a spoon to widen pocket, if necessary. Divide the **apricot stuffing** between the pockets, filling each pocket evenly. Season pork all over with **salt and pepper**.



### 2. Season apricot stuffing

Heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Stir in **chopped shallots** and **half of the thyme**; cook until shallots are softened, 2-3 minutes. Add **apricots, 1 teaspoon each of vinegar and sugar**, and **2 tablespoons water**. Cook until liquid evaporates, 30 seconds. Transfer to a bowl. Season with **salt and pepper**. Wipe out skillet; reserve for step 5.



### 5. Brown & roast pork

Heat **1 tablespoon oil** in reserved skillet over medium. Add **pork** and sear until golden brown on one side, 2-3 minutes. Flip pork, then transfer to upper oven rack. Roast until pork is firm to the touch and reaches 145°F internally, 8-10 minutes. Transfer to a cutting board and let pork rest for 5 minutes. Carefully return skillet to stovetop; discard any dark brown bits.



### 3. Roast veggies

Transfer **sweet potatoes** and **Brussels sprouts** to a rimmed baking sheet. Toss with **1 tablespoon oil** and season with **salt and pepper**. Roast on center oven rack until veggies are tender and browned in spots, about 20 minutes (watch closely as ovens vary). Carefully stir **1 tablespoon butter** into roasted veggies directly on sheet. Season to taste with **salt and pepper**.



### 6. Make gravy & serve

Carefully, heat **1 teaspoon oil** in same skillet over medium. Add **chopped garlic, 1 teaspoon flour**, and **remaining thyme**; cook, stirring, until fragrant, 30 seconds. Whisk in **broth concentrate** and **⅓ cup water**. Bring to a simmer; remove from heat and stir in **1 tablespoon butter**. Thinly slice **pork**, then spoon **gravy** over top and serve with **veggies** alongside. Enjoy!