

DINNERLY



Low-Carb Sesame Pork Tenderloin with Brussels Sprouts & Creamy Miso Dressing



20-30min



2 Servings

This dish hits all the right flavor notes—oh, and it's pretty darn good for you too. Low in calories and carbs, but high in satisfaction! Juicy pork tenderloin is coated in sesame seeds for a nutty crust. The miso dressing is so tasty and easy to make, you might want to keep it in mind for future weeknight dinners to really make them sing! We've got you covered!

WHAT WE SEND

- 1 oz sour cream ⁷
- 0.63 oz miso paste ⁶
- ½ lb Brussels sprouts
- 10 oz pkg pork tenderloin
- ¼ oz pkt toasted sesame seeds ¹¹

WHAT YOU NEED

- garlic
- neutral oil
- apple cider vinegar (or white wine vinegar)
- kosher salt & ground pepper

TOOLS

- meat mallet (or heavy skillet)
- medium skillet

ALLERGENS

Soy (6), Milk (7), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 500kcal, Fat 31g, Carbs 12g, Protein 43g



1. Make miso dressing

Finely chop **1 teaspoon garlic**. In a medium bowl, stir to combine **sour cream, half of the miso, half of the chopped garlic, 1 tablespoon each of water and oil, and 2 teaspoons vinegar**. Whisk until smooth, then season to taste with **pepper**.



2. BRUSSELS SPROUT VARIATION

Trim ends from **Brussels sprouts**; remove any tough outer leaves, if necessary. Cut in half (or quarter, if large).

Pat **pork tenderloin** dry. Using a sharp knife, cut each piece of pork horizontally (parallel to cutting board), stopping knife just before cutting through. Open up each piece like a book and pound to an even ¼-inch thickness using a meat mallet or heavy skillet.



3. Season pork

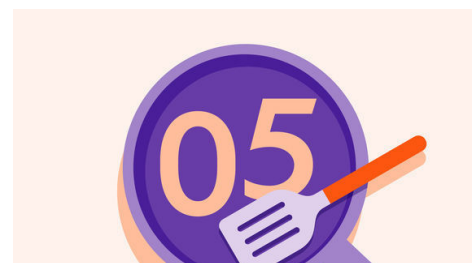
Rub **pork** lightly with **oil**, then season all over with **salt** and **pepper**.

In a small bowl, stir together **1 tablespoon sesame seeds** and **1 teaspoon oil**. Spoon **sesame mixture** onto one side of each piece of pork, pressing to help sesame adhere.



4. Cook pork

Heat **2 teaspoons oil** in a medium skillet over medium-high; add **pork**, seeded-side up. Cook until lightly browned on the bottom, about 3 minutes. Flip, reduce heat to medium, and cook until lightly browned on other side, 1–2 minutes. Transfer to a plate and slice, if desired. Scrape any **remaining sesame seeds** from skillet over pork.



5. Cook Brussels & serve

Heat **1 tablespoon oil** in same skillet over medium. Add **Brussels sprouts**; season with **salt and pepper**. Cook, stirring, until crisp-tender, 5–6 minutes (add 1–2 tablespoons water if browning too quickly). Add **remaining chopped garlic**; cook until fragrant, 30 seconds.

Serve **sesame pork tenderloin** and **Brussels sprouts** with **creamy miso dressing** drizzled over top. Enjoy!



6. Make it picky-eater proof

One of the best things about this dish, aside from the flavor and ease of cooking, is that eaters who don't love sauces or the flavor of miso can leave it off. Picky palates can swap in soy sauce, teriyaki, or even a garlicky mayo on the side if that's more their thing!

Questions about the recipe? Cooking hotline: **888-267-2850** (Mon - Fri 9AM-9PM)

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