

MARLEY SPOON



BBQ Pork Tenderloin with Broccoli

& Tangy Potato Salad



20-30min



2 Servings

We love sticky-sweet barbecue glazed pork tenderloin. This tender cut is lean, flavorful, and cooks quickly in the oven. When paired with a warm Yukon gold potato salad studded with pickled shallots and fresh parsley tossed in a tangy whole-grain mustard dressing and crisp-tender broccoli, we love it even more.

What we send

- 1 shallot
- 2 Yukon gold potatoes
- 2 oz celery
- ¼ oz fresh parsley
- ½ oz whole-grain mustard
- ½ lb broccoli
- 10 oz pkg pork tenderloin
- 2 oz barbecue sauce

What you need

- red wine vinegar (or white wine vinegar)
- sugar
- kosher salt & ground pepper
- olive oil

Tools

- medium saucepan
- medium ovenproof skillet (preferably cast-iron)

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 620kcal, Fat 21g, Carbs 64g, Protein 45g



1. Pickle shallots

Preheat oven to 450°F with a rack in the upper third. Finely chop **half of the shallot**.

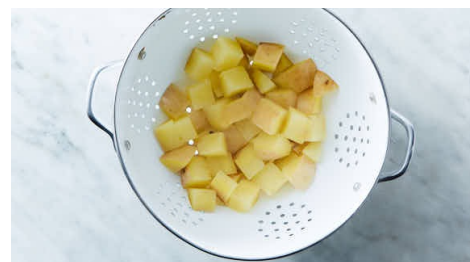
In a medium bowl, whisk to combine **1½ tablespoons vinegar**, **1½ teaspoons water**, **½ teaspoon sugar**, and a **generous pinch each of salt and pepper**. Stir in chopped shallots and set aside until step 3.



4. BROCCOLI VARIATION

Cut **broccoli** into 1-inch florets, if necessary.

Heat **1 tablespoon oil** in a medium ovenproof skillet (preferably cast-iron) over medium-high. Add broccoli and season with **a pinch each of salt and pepper**. Cook, stirring occasionally, until crisp-tender and browned in spots, 4-6 minutes. Transfer to a bowl and cover to keep warm.



2. Cook potatoes

Scrub **potatoes**, then cut into 1-inch pieces. Place in a medium saucepan; add enough **salted water** to cover by ½ inch. Cover and bring to a boil. Uncover and cook until tender when pierced with a fork, 3-4 minutes. Drain well.



5. Brown pork

Pat **pork** dry and season all over with **salt** and **pepper**. Heat **2 teaspoons oil** in same skillet over medium-high.

Add pork and cook until browned on one side, 2-3 minutes. Flip pork, then spoon **barbecue sauce** over top.



3. Assemble potato salad

While **potatoes** cook, trim ends from **celery**, then thinly slice. Finely chop **parsley leaves and stems** together.

Add **mustard** and **2 tablespoons oil** to bowl with **pickled shallots**, stirring to combine. Add **potatoes**, **sliced celery**, and **¾ of the chopped parsley** to same bowl, stirring gently to combine.



6. Finish & serve

Roast **pork** on upper oven rack until pork is firm to the touch and reaches 145°F internally, 6-8 minutes. Season **potato salad** to taste with **salt** and **pepper**.

Serve **BBQ pork tenderloin** alongside **broccoli** and **potato salad** with **remaining parsley** sprinkled on top. Enjoy!