

Low-Carb Roasted BBQ-Glazed Pork Tenderloin

with Buttery Corn & Broccoli



30min



2 Servings

Did you ever watch a movie and the sidekick was so charming, they kind of stole the show from the main character? The broccoli in this dish does just that here (sorry, pork). When you roast broccoli, something magical happens: It gets charred and crispy in places, making it so sweet and irresistible, it's practically picky eater-proof. We've got you covered!

WHAT WE SEND

- 10 oz pkg pork tenderloin
- ½ lb broccoli
- 2 oz barbecue sauce
- 5 oz corn

WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper
- butter ⁷

TOOLS

- rimmed baking sheet
- small skillet

COOKING TIP

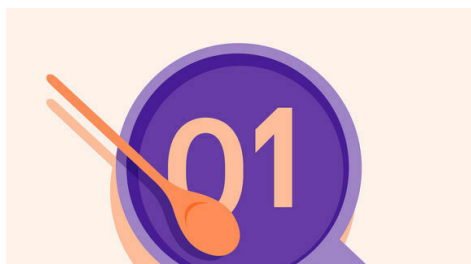
Veggies might cook faster than the meat, so keep a close eye on them and remove from oven if they're browning too quickly.

ALLERGENS

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

NUTRITION PER SERVING

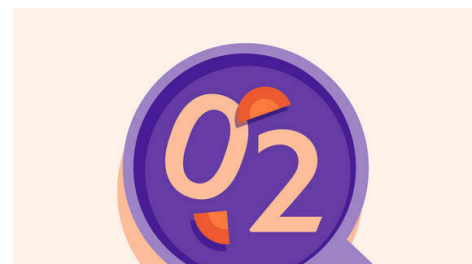
Calories 580kcal, Fat 33g, Carbs 31g, Protein 42g



1. Prep broccoli, start pork

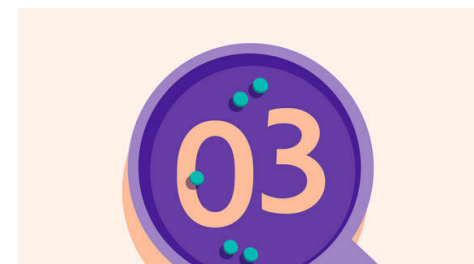
Preheat oven to 450°F with a rack in the center. Cut **broccoli** into 1-inch florets, if necessary.

Pat **pork** dry and place on a rimmed baking sheet. Lightly drizzle with **oil**. Roast on center oven rack until deeply browned on the bottom, 6–7 minutes. Flip pork, push to one side of baking sheet, and brush **half of the barbecue sauce** over top.



2. Roast broccoli & pork

Add **broccoli** to open side of baking sheet; carefully toss with **1 tablespoon oil** and season with **salt** and **pepper**. Roast until broccoli is tender and browned in spots and pork reaches 145°F internally, 6–7 minutes (watch closely as ovens vary).



3. Cook corn & serve

While **broccoli** and **pork** roast, melt **1 tablespoon butter** in a small skillet over medium-high. Add **corn** and cook, stirring, until tender, about 2 minutes. Season to taste with **salt** and **pepper**. Thinly slice pork, then brush with **remaining barbecue sauce**.

Serve **BBQ-glazed pork tenderloin** with **buttery corn** and **roasted broccoli** alongside. Enjoy!



4. ...

What were you expecting, more steps?



5. ...

You're not gonna find them here!



6. ...

Kick back, relax, and enjoy your Dinnerly!