

MARLEY SPOON



? Easy Prep! Pork Tenderloin & Antipasto Salad

with Red Pepper Relish



ca. 20min



2 Servings

Succulent pork loin roasts in just minutes, giving you enough time to make a savory relish and a flavor-packed salad. We coat the pork with herbs de Provence, then whip up a tangy relish with roasted red peppers. A crisp salad contains the best of an antipasto platter—pepperoncini, olives, sun-dried tomatoes—that we toss in a garlic-herb vinaigrette. Shredded Parmesan is the final garnish for this low-carb/full flavor meal.

What we send

- garlic
- $\frac{3}{4}$ oz Parmesan ⁷
- 2 oz roasted red peppers
- 1 oz Kalamata olives
- 1½ oz pepperoncini ¹⁷
- $\frac{1}{4}$ oz fresh parsley
- 12 oz pkg boneless, skinless chicken breasts
- $\frac{1}{4}$ oz herbs de Provence
- 2 oz balsamic vinaigrette
- 1 romaine heart
- 2 oz sun-dried tomatoes ¹⁷

What you need

- olive oil
- kosher salt & ground pepper

Tools

- microplane or grater
- rimmed baking sheet

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 540kcal, Fat 28g, Carbs 27g, Protein 47g



1. Prep ingredients

Preheat oven to 425°F with a rack in the center.

Finely chop **2 teaspoons garlic**. Finely chop **roasted red peppers**, if necessary. Halve **olives**, if desired. Thinly slice **pepperoncini**, if necessary. Coarsely chop **parsley**.

Finely grate **Parmesan**, if necessary.



4. Make salad dressing

In a large bowl, whisk to combine **balsamic vinaigrette** and **remaining chopped garlic and parsley**.



2. Cook pork

Pat **pork** dry and drizzle with **oil**. Rub with **salt** and coat in **herbs de Provence**. Transfer to a rimmed baking sheet and drizzle with more **oil**.

Bake on center oven rack until internal temperature reaches 145°F, 12-15 minutes.



5. Finish salad & serve

Cut or tear **lettuce** into bowl with **dressing**. Add **sun-dried tomatoes**, **olives**, and **pepperoncini**. Toss to coat and season to taste with **salt** and **pepper**.

Slice **pork tenderloin** and serve with **red pepper relish** over top and with **antipasto salad** alongside. Garnish salad with **Parmesan**. Enjoy!



3. Make red pepper relish

In a small bowl, mix to combine **roasted red peppers**, **half each of the chopped garlic and parsley**, **2 tablespoons oil**, and **1 teaspoon vinegar**. Season to taste with **salt** and **pepper**.



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