

DINNERLY



Low-Carb Sesame Pork Tenderloin with Broccoli & 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 broccoli
- 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 480kcal, Fat 31g, Carbs 10g, Protein 42g



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. BROCCOLI VARIATION

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

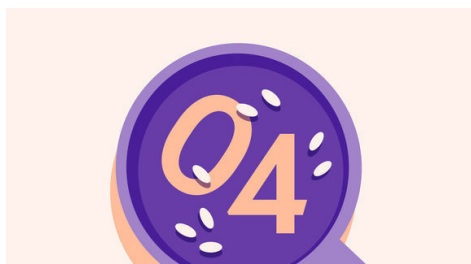
Pat **pork tenderloin** dry. Using a sharp knife, cut each piece of pork horizontally (parallel to cutting board), stopping knife just before cutting through. Open up each piece like a book and pound to an even ¼-inch thickness using a meat mallet or heavy skillet.



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 broccoli & serve

Heat **1 tablespoon oil** in same skillet over medium. Add **broccoli** and **a pinch each of 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, about 30 seconds.

Serve **sesame pork tenderloin** and **broccoli** 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!