

DINNERLY



LOW CALORIE

NO ADDED GLUTEN

Roast Pork & Apricot Pan Sauce with Spiced Carrots



20-30min



2 Servings

Hangry is a real emotion and we feel it deep in our souls sometimes. Then we taste this sauced up roast pork with tender spiced carrots and the world feels peaceful again. Each bite brings a touch of tang from the apricot pan sauce and warmth from one of our favorite spice blends, garam masala. Tonight, the only emotion we're feelin' is delight. We've got you covered!

WHAT WE SEND

- 1 lb carrots
- 10 oz pkg pork tenderloin
- garam masala spice blend (use 1 tsp)
- ¼ oz fresh cilantro
- ½ oz pkt apricot preserves
- 1 pkt chicken broth concentrate

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- white wine vinegar (or apple cider vinegar) ¹⁷
- 2 Tbsp butter ⁷

TOOLS

- medium skillet
- 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 490kcal, Fat 29g, Carbs 28g, Proteins 31g



1. Prep carrots & sear pork

Preheat oven to 450°F with a rack in the center. Trim and discard ends from **carrots** and quarter lengthwise. Pat **pork** dry, then season all over with **salt** and **pepper**. Heat ½ **tablespoon** oil in a medium skillet over medium-high. Add pork and cook, turning, until golden brown all over, about 6 minutes. Remove from heat and set aside.



2. Roast carrots

Meanwhile, on a rimmed baking sheet, toss **carrots** with 1 **teaspoon** of the **garam masala**, 1½ **tablespoons** oil, and a pinch each **salt** and **pepper**. Roast carrots on center oven rack until tender, tossing halfway through, about 20 minutes.



3. Roast pork

Transfer seared **pork** to same baking sheet once **carrots** are halfway done roasting. Reserve skillet for step 4. Continue to roast on center oven rack until pork is firm to the touch with an internal temperature of 145°F, 6–10 minutes. Transfer roast pork to a cutting board to rest. Set aside baking sheet with carrots.



4. Cook apricot pan sauce

While **pork** and **carrots** finish cooking, coarsely chop **cilantro leaves and stems**. In same skillet, combine **apricot preserves**, **chicken broth**, 1½ **teaspoons** **vinegar**, and ½ **cup** **water**; bring to a rapid simmer over medium-high, scraping up any browned bits from the bottom with a wooden spoon, and cook until sauce is reduced to ¼ cup, about 3 minutes.



5. Finish & serve

To skillet with **apricot sauce**, add 2 **tablespoons** **butter** and **any pork juices**; swirl until butter is melted. Stir in **half** of the **cilantro**; season to taste with **salt** and **pepper**. Thinly slice **pork** and serve with **garam masala carrots** alongside. Top with **apricot pan sauce**, then garnish with **remaining cilantro**. Enjoy!



6. Carbo load!

Soak up all that sauce with a quick rice pilaf! Serve the sliced pork over top, then drizzle with sauce, and dig in for a major home run.