



Tandoori-Spiced Butterflied Pork

with Carrot-Potato Mash & Green Beans



30-40min



2 Servings

With this recipe we discovered one of our favorite ways to eat potatoes: roasted alongside carrots until golden and starting to crisp, then mashed all together with butter, salt, and pepper. This yields a soft mash with roasted crispy pieces and hints of carrot sweetness—the best of both worlds. Pork tenderloin gets butterflied, giving it more surface area to absorb a flavorful tandoori spice blend.

What we send

- 2 carrots
- 1 russet potato
- ½ lb green beans
- 10 oz pkg pork tenderloin
- tandoori spice blend (use 2 tsp)
- 1 oz sliced almonds ¹⁵

What you need

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

Tools

- medium saucepan
- rimmed baking sheet
- potato masher or fork
- colander
- grill, grill pan, or skillet

Allergens

Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 710kcal, Fat 37g, Carbs 59g, Protein 38g



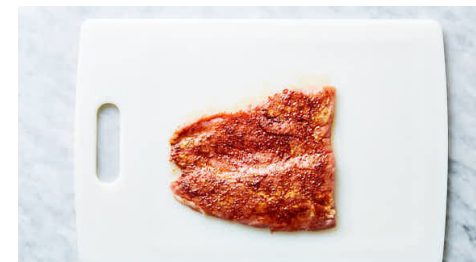
1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Bring a medium saucepan of **salted water** to a boil. Peel and trim **carrots**, then cut into 4-inch pieces (halve or quarter lengthwise, if large). Peel **potato**, then cut lengthwise into ¾-inch thick wedges. Trim **green beans**.



2. Mash carrots & potatoes

On a rimmed baking sheet, toss **potatoes and carrots** with **1 tablespoon oil** and **½ teaspoon salt**. Roast **vegetables** on center oven rack until tender and potatoes are golden underneath, about 20 minutes. Transfer vegetables to a large bowl and, using a potato masher or fork, mash with **2 tablespoons butter**. Season to taste with **salt**. Cover to keep warm.



3. Prep pork tenderloin

Meanwhile, slice **pork tenderloin** horizontally (parallel to cutting board) almost completely in half. Open up like a book, and pound to an even ½-inch thickness, if necessary. In a small bowl, combine **2 teaspoons of the tandoori spice blend** with **1 tablespoon oil**, and rub all over pork. Let sit for 10 minutes.



4. Cook green beans

While **pork** sits, add **green beans** to boiling water, and cook until crisp-tender, 6–8 minutes. Drain **green beans** well. Wipe saucepan dry and reserve for step 6.



5. Cook pork

Preheat a grill pan or medium skillet to medium-high. Oil grill pan or add **1 teaspoon oil** to skillet. Add **pork** and cook, turning once or twice, until an instant-read thermometer inserted into the thickest part reads 145°F, 8–10 minutes (reduce heat if browning too quickly). Transfer pork to a cutting board and let rest for 5 minutes.



6. Finish & serve

Add **almonds** and **1 tablespoon butter** to reserved saucepan and cook over medium-high heat, stirring, until lightly browned, 2–3 minutes. Add **cooked green beans** and a **pinch of salt**, and toss to coat. Slice **pork** into ½-inch thick pieces, and serve with **carrot-potato mash** and **green beans**. Enjoy!