

# DINNERLY



## Seared Pork Tenderloin with Green Beans & Cheddar Grits



20-30min



2 Servings

Some people get excited about puppies. Some people get excited about summer. We get excited about cheesy grits. Especially, when they're the bed for juicy pork tenderloin and roasted green beans with garlicky pan sauce spooned over top. You can't see us right now, but we're doing our happy-food-dance. We've got you covered!

### WHAT WE SEND

- garlic (use 1 large clove)
- ¾ oz piece sharp cheddar<sup>7</sup>
- 10 oz pkg pork tenderloin
- ½ lb green beans
- 3 oz grits

### WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- butter<sup>7</sup>
- apple cider vinegar (or white wine vinegar)

### TOOLS

- medium ovenproof skillet
- small saucepan

### ALLERGENS

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

### NUTRITION PER SERVING

Calories 650kcal, Fat 36g, Carbs 42g, Protein 38g



#### 1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Peel and thinly slice **1 large garlic clove**. Coarsely chop **cheddar**. Pat **pork tenderloin** dry, then season all over with **salt** and **pepper**. Trim and discard stem ends from **green beans**. Transfer to a medium bowl, then toss with **1 teaspoon oil** and **a pinch each salt and pepper**.



#### 2. Sear pork

Heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Add **pork** to skillet and cook, on one side, until browned on the bottom, about 4 minutes. Flip pork, then scatter **green beans** around meat.



#### 3. Roast pork & green beans

Transfer skillet with **pork and green beans** to center oven rack and roast until pork is cooked to an internal temperature of 145°F and green beans are tender, about 10 minutes. Transfer pork to a cutting board to rest. Transfer green beans to plates, and cover to keep warm. Reserve skillet and **any pan drippings** for step 5.



#### 4. Cook grits

Meanwhile, in a small saucepan, bring **2 cups water** and **½ teaspoon salt** to a boil. Stir in **grits**. Reduce heat to low and cook, stirring occasionally to prevent sticking, until grains are tender, about 7 minutes. Stir in **cheese** and **1 tablespoon butter**; season to taste with **salt** and **pepper**. Cover to keep warm off heat.



#### 5. Finish & serve

Add **garlic** and **1 teaspoon oil** to skillet with **pan drippings**; cook over medium-high until fragrant, 1 minute. Add **2 tablespoons butter**, **1 tablespoon vinegar**, and **2 tablespoons water**. Cook until **sauce** is slightly reduced, 1–2 minutes; season with **salt** and **pepper**. Serve **pork** with **green beans** and **grits** alongside; drizzle **pan sauce** over top. Enjoy!



#### 6. Spice it up!

Stir a pinch of cayenne pepper or a dash of hot sauce into your cheesy grits to take this weeknight dinner to the next level.