

DINNERLY



Parm-Stuffed Pork Tenderloin with Roasted Potatoes & Brussels Sprouts



30-40min



2 Servings

Here, we present you with tender pork, rolled around a two-cheese combination, and then seared to golden perfection. Roasted potatoes and brussels sprouts round out the plate. If that doesn't have you swiping right, then it may be time to rethink your priorities. We've got you covered!

WHAT WE SEND

- 10 oz pkg pork tenderloin
- ¾ oz Parmesan ¹
- 1 oz cream cheese ¹
- ¼ oz granulated garlic
- 2 potatoes
- ½ lb Brussels sprouts

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- balsamic vinegar (or red wine vinegar)
- butter ¹
- sugar

TOOLS

- meat mallet (or heavy skillet)
- microplane or grater
- rimmed baking sheet
- medium skillet

ALLERGENS

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 700kcal, Fat 33g, Carbs 53g, Protein 49g



1. Prep pork

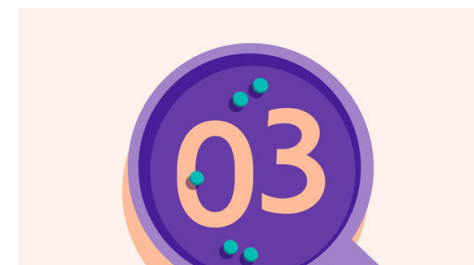
Preheat oven to 450°F with a rack in the lower third.

Cut each piece of **pork** horizontally (parallel to cutting board) almost completely in half. Open up like a book and place pork between sheets of plastic wrap. Using a meat mallet or heavy skillet, pound each to an even ½-inch thickness.



2. Season pork

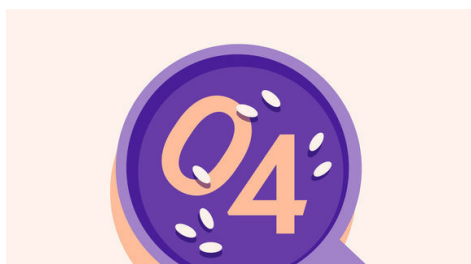
Finely grate **Parmesan**, if necessary. In a small bowl, combine **cream cheese**, **half of the Parmesan**, **¼ teaspoon granulated garlic**, and **a pinch each of salt and pepper**; mash with a fork until combined. Spread half of the mixture over one side of each piece of **pork**. Roll up and transfer, seam-sides down, to a plate. Refrigerate for 10 minutes.



3. BRUSSELS VARIATION

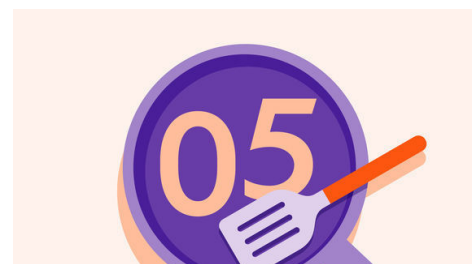
Scrub **potatoes**, then cut into ¼-inch thick wedges. On a rimmed baking sheet, toss with **1 tablespoon oil** and **a pinch each of salt and pepper**. Roast on lower oven rack until just tender, 12–15 minutes.

Thinly slice **Brussels sprouts** into ribbons; discard ends. Remove baking sheet from oven; add Brussels sprouts, drizzle with **oil**, stir gently to combine with roasted potatoes.



4. Brown pork

Brush **pork** lightly with **oil**; season with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add pork; cook until browned, 4–5 minutes. Transfer to baking sheet with potatoes and Brussels sprouts, top with **remaining Parmesan**. Roast on lower rack until pork is 145°F internally and veggies are tender, 8–10 minutes. Transfer pork to a plate to rest.



5. Make sauce & serve

Heat **1 teaspoon oil** in same skillet over medium. Remove from heat and whisk in **¼ teaspoon granulated garlic**, **1 tablespoon each of water and vinegar**, and **1 tablespoon butter** until melted; season with **salt, pepper**, and **½ teaspoon sugar**.

Slice **parm-stuffed pork**, then spoon **pan sauce** over top. Serve with **Brussels sprouts** and **potatoes** alongside. Enjoy!



6. Make it ahead!

Pork can be prepped up to 24 hours in advance. Let assembled roulades stand at room temperature for 15 minutes before proceeding with the recipe.