

DINNERLY



FAST

KETO FRIENDLY

Sesame Pork Tenderloin with Green Beans & 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. It's low in calories and carbs, but high in satisfaction! Juicy pork tenderloin is coated in sesame seeds for a nutty crust. This miso dressing is so tasty and easy to make, you might want to keep it in mind whenever you want weeknight dinners to sing! We've got you covered!

WHAT WE SEND

- garlic (use 1 large clove)
- 1 oz pkt sour cream ⁷
- 1 oz white miso ^{1,6}
- ½ lb green beans
- 10 oz pkg pork tenderloin
- toasted sesame seeds ¹¹

WHAT YOU NEED

- apple cider vinegar (or white wine vinegar)
- neutral oil, such as vegetable
- kosher salt & ground pepper

TOOLS

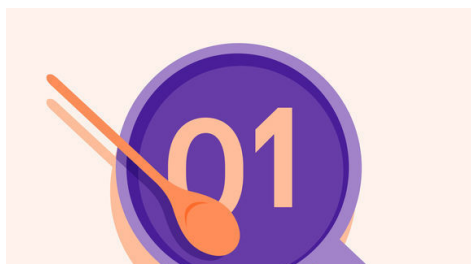
- meat mallet (or heavy skillet)
- medium skillet

ALLERGENS

Wheat (1), Soy (6), Milk (7), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

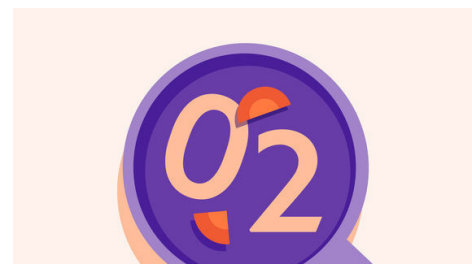
NUTRITION PER SERVING

Calories 470kcal, Fat 29g, Carbs 16g, Protein 35g



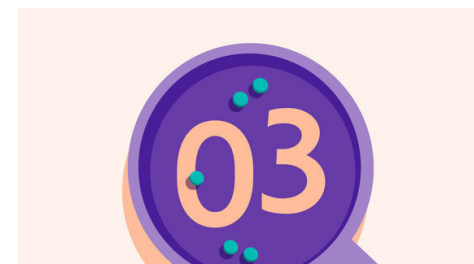
1. Make miso dressing

Peel and finely chop **1 teaspoon garlic**. In a medium bowl, whisk to combine **sour cream, miso, ½ teaspoon of the chopped garlic, 2 teaspoons vinegar**, and **1 tablespoon each water and oil**. Whisk until smooth, then season to taste with **pepper**.



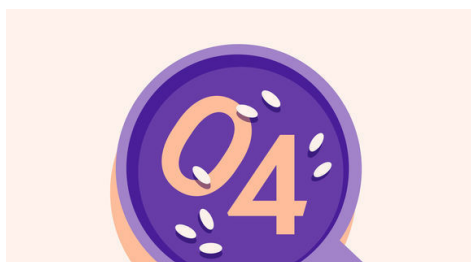
2. Prep green beans & pork

Trim ends from **green beans**. Pat **pork tenderloin** dry. Using a sharp knife, cut each piece of pork horizontally (parallel to cutting board) almost completely in half. Open each up like a book and pound, using a meat mallet or heavy skillet, to an even ¼-inch thickness.



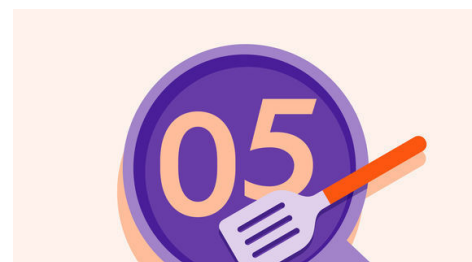
3. Season pork

Rub **pork** lightly with **oil**, then season all over with **salt** and **pepper**. In a small bowl, stir to combine **1 tablespoon sesame seeds** and **1 teaspoon oil**. Spoon sesame seeds onto one side of each piece of pork, pressing to help seeds adhere.



4. Cook pork

Heat **2 teaspoons oil** in a medium skillet over medium-high. Add **pork** to skillet, seeds-side up. Cook until lightly browned on the bottom, about 3 minutes. Flip pork, reduce heat to medium, and cook until lightly browned on opposite side, 1–2 minutes. Transfer to a plate. Scrape any remaining sesame seeds in skillet over pork. Return skillet to stovetop.



5. Cook green beans & serve

Heat **1 tablespoon oil** in same skillet over medium. Add **green beans** and **a pinch each salt and pepper**. Cook until crisp-tender, 5–6 minutes (add 1–2 tablespoons water if browning too quickly). Add **remaining ½ teaspoon garlic**; cook until fragrant, about 30 seconds. Serve **pork tenderloin** and **green beans** with **creamy miso dressing**. Enjoy!



6. Make it picky-eater proof

One of the best things about this dish, aside from the flavor and ease of cooking it, is that picky eaters who maybe don't love sauces or the flavor of miso can choose to not use it. Picky palates can swap in soy sauce, teriyaki, or even a garlicky mayo on the side if that's more their thing!