



🕒 Peak Season! Pork, Pears & Sautéed Spinach

with Warm Mustard Dressing



20-30min



2 Servings

These 3 P's—pork, pears, and pecans—are perfectly delicious when combined on one plate, especially when paired with spinach doused in a warm mustard dressing. Crisp peak season pears soften ever so slightly when cooked in a bit of butter, while toasted pecans add a lovely crunch. Don't forget to pat the pork dry before you sear them on the stovetop to get that beautiful golden crust.

What we send

- 1 shallot
- 1 pear
- 2 (1 oz) pecans ²
- 10 oz pkg beef tenderloin
- 1 oz whole-grain mustard
- 5 oz baby spinach

What you need

- olive oil
- kosher salt & ground pepper
- butter ¹
- white wine vinegar (or apple cider vinegar)

Tools

- medium skillet
- rimmed baking sheet

Cooking tip

It's peak season for pears, which means they're at their most delicious!

Allergens

Milk (1), Tree Nuts (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 720kcal, Fat 53g, Carbs 28g, Protein 42g



1. Prep ingredients

Preheat oven to 225°F with a rack in the center.

Finely chop **shallot**. Halve **pear** lengthwise, scoop out core and remove stem, then cut each half into 6 wedges. Coarsely chop **pecans**.



2. Toast pecans

Heat **1 teaspoon oil** in a medium skillet over medium-high. Add **pecans** and cook, stirring, until lightly browned, 3-4 minutes (watch closely as they can burn easily). Season with **salt** and transfer to a plate. Wipe out skillet.



3. Cook pork

Pat **pork** dry and season all over with **salt** and **pepper**.

Heat **1 tablespoon oil** in same skillet over medium-high. Add pork and cook until browned and cooked through, about 2 minutes per side. Transfer to a rimmed baking sheet and place in oven to keep warm. Rinse and wipe out the skillet.



4. Cook pears

Melt **1 tablespoon butter** in same skillet over medium-high. When foam subsides, add **pears** in a single layer and cook, turning once, until lightly browned, 2-3 minutes. Transfer to plate with **pecans**.



5. Make dressing

Heat **2 tablespoons oil** and **shallots** in same skillet over medium-high; cook, stirring, until softened, 2-3 minutes. Add **3 tablespoons vinegar**; season with **salt** and **pepper**. Cook, scraping up browned bits from bottom of skillet, until slightly reduced, 1-2 minutes. Add **1 tablespoon mustard** and **any pork pan drippings**. Simmer until slightly reduced, 1-2 minutes.



6. Add spinach & serve

Off heat, add **spinach** and turn once or twice until coated but not completely wilted.

Serve **pork and spinach** with **mustard dressing, pears**, and **pecans** over top. Enjoy!