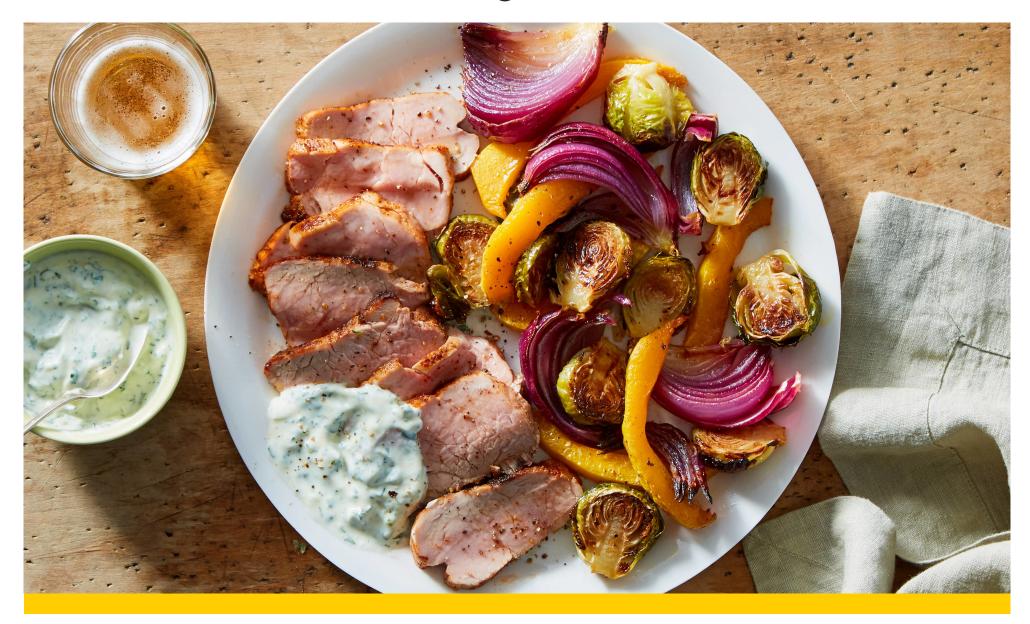
MARLEY SPOON



?Peak Season! BBQ-Rubbed Pork **Tenderloin**

with Fall Veggies & Creamy Herb Sauce





A zesty barbecue spice blend makes the perfect coating for tender, quickcooking pork tenderloin. We serve the pork with a cooling, herby sour cream sauce, and roast a couple of hearty seasonal vegetables-butternut squash and Brussels sprouts-until they develop an irresistible caramelized exterior.

What we send

- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz BBQ spice blend
- 1 red onion
- ½ lb Brussels sprouts
- ½ lb butternut squash
- garlic
- 1/4 oz fresh parsley
- 2 (1 oz) sour cream 1

What you need

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

Tools

- rimmed baking sheet
- medium ovenproof skillet

Cooking tip

It's peak season for Brussels sprouts and squash, which means they're at their most delicious!

Allergens

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

Nutrition per serving

Calories 690kcal, Fat 41g, Carbs 37g, Protein 44g



1. Season pork

Preheat oven to 450°F with racks in the upper and lower thirds. Pat **pork** dry, then rub with **1 teaspoon of the barbecue spice blend**. Season with **salt** and **pepper**.



2. Roast vegetables

Halve, peel, and cut **all of the onion** into ½-inch wedges through the root. Trim **Brussels sprouts**; cut in half through the stem end (or quarter, if large). Cut **squash** into 1-inch cubes, if necessary. Transfer vegetables to a rimmed baking sheet, and toss with **2 tablespoons oil**; season with **salt** and **pepper**. Roast on lower rack until tender and browned in spots, 18–20 minutes.



3. Add garlic

Peel and finely chop 1 teaspoon garlic.
Transfer ½ teaspoon of the chopped
garlic to baking sheet, and stir to
combine. Return to oven and roast until
fragrant, about 2 minutes. Remove from
oven and toss vegetables with 1
tablespoon butter and 1 teaspoon
vinegar. Cover to keep warm.



4. Cook pork

Meanwhile, heat **1 tablespoon oil** in a medium skillet over medium-high. Add **pork**; sear until browned on one side, 2-3 minutes. Flip pork, then transfer skillet to the top oven rack and roast until firm to the touch, slightly pink, and 145°F internally, about 8 minutes. Transfer to a cutting board and let rest for 5 minutes.



5. Season sauce

Finely chop parsley leaves and stems together. In a small bowl, stir to combine parsley, remaining chopped garlic, sour cream, and 1 tablespoon each oil and water. Season to taste with salt and pepper.



6. Finish & serve

Thinly slice **pork** and serve with **vegetables** and **creamy herb sauce** alongside. Enjoy!