

DINNERLY



NO ADDED GLUTEN

Spiced Pork Tenderloin with Green Beans & Rice Pilaf



30-40min



2 Servings

Insert, Emeril Lagasse's "Bam!" That's the kind of energy we're channeling when plating this simple, balanced meal. We've got you covered!

WHAT WE SEND

- garlic (use 1 large clove)
- jasmine rice (use $\frac{3}{4}$ cup)
- 4 oz green beans
- harissa spice blend (use $2\frac{1}{2}$ tsp)
- 1 pkt turkey broth concentrate
- 10 oz pkg pork tenderloin

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- all-purpose flour¹
- butter²

TOOLS

- small saucepan
- rimmed baking sheet

ALLERGENS

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

NUTRITION PER SERVING

Calories 700kcal, Fat 31g, Carbs 65g, Protein 36g



1. Make pilaf

Preheat oven to 425°F with a rack in the center. Peel and finely chop **1 teaspoon garlic**. Heat **2 teaspoons oil** in a small saucepan over medium-high. Add **$\frac{3}{4}$ cup rice** and chopped garlic; cook, stirring, until rice is toasted, 2–3 minutes. Add **$1\frac{1}{4}$ cups water** and **$\frac{3}{4}$ teaspoon salt**; bring to a boil. Cover and cook over low until rice is tender and water is absorbed, about 17 minutes.



2. Prep ingredients

Trim ends from **green beans**. In a small bowl, combine **$2\frac{1}{2}$ teaspoons of the harissa spice** and **1 tablespoon oil**; season with **salt** and **pepper**. In a liquid measuring cup, whisk to combine **broth concentrate**, **$\frac{1}{2}$ cup water**, and **$\frac{1}{2}$ tablespoon flour**.



3. Season pork

Pat **pork** dry and place on one side of a rimmed baking sheet; brush **harissa spice mixture** over top and sides of pork. Transfer **green beans** to other side of baking sheet, then toss with **2 teaspoons oil** and season with **salt** and **pepper**.



4. Roast pork & green beans

Roast **pork and green beans** on center oven rack until pork reaches an internal temperature of 145°F (for medium and still slightly pink) and green beans are tender and browned in spots, about 15 minutes. Remove baking sheet from oven and transfer pork to a cutting board to rest for at least 5 minutes. Transfer green beans to a plate.



5. Make pan sauce & serve

Pour **broth** onto baking sheet, whisking to scrape up any browned bits. Cook on center oven rack until reduced to $\frac{1}{4}$ cup, 2–3 minutes; whisk in **2 tablespoons butter**. Fluff **rice** and thinly slice **pork**. Serve **spiced pork tenderloin** with **rice pilaf** and **green beans** alongside. Spoon **pan sauce** over **pork and rice**. Enjoy!



6. Crunch, crunch!

Mix things up with crispy rice! Heat oil in a large nonstick skillet over medium-high. Add cooked rice, spreading in a single layer (without pressing down), and cook undisturbed until golden and crisp, 5–7 minutes.