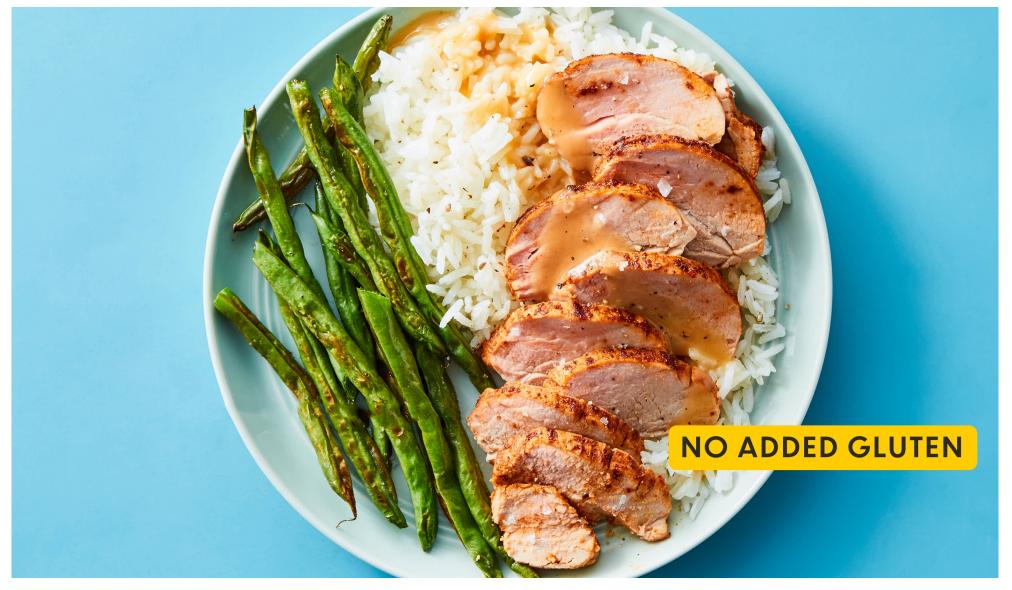
# DINNERLY



## Spiced Pork Tenderloin

with Green Beans & Rice Pilaf

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!

💍 30-40min 🔌 2 Servings

#### WHAT WE SEND

- garlic (use 1 large clove)
- jasmine rice (use ¾ cup)
- 4 oz green beans
- harissa spice blend (use 2<sup>1</sup>/<sub>2</sub> tsp)
- 1 pkt turkey broth concentrate
- 10 oz pkg pork tenderloin

#### WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- all-purpose flour<sup>1</sup>
- butter <sup>2</sup>

#### 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 **¾ cup rice** and chopped garlic; cook, stirring, until rice is toasted, 2–3 minutes. Add **1¼ cups water** and **¾ 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 2½ teaspoons of the harissa spice and 1 tablespoon oil; season with salt and pepper. In a liquid measuring cup, whisk to combine broth concentrate, ½ cup water, and ½ 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 ¼ 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.