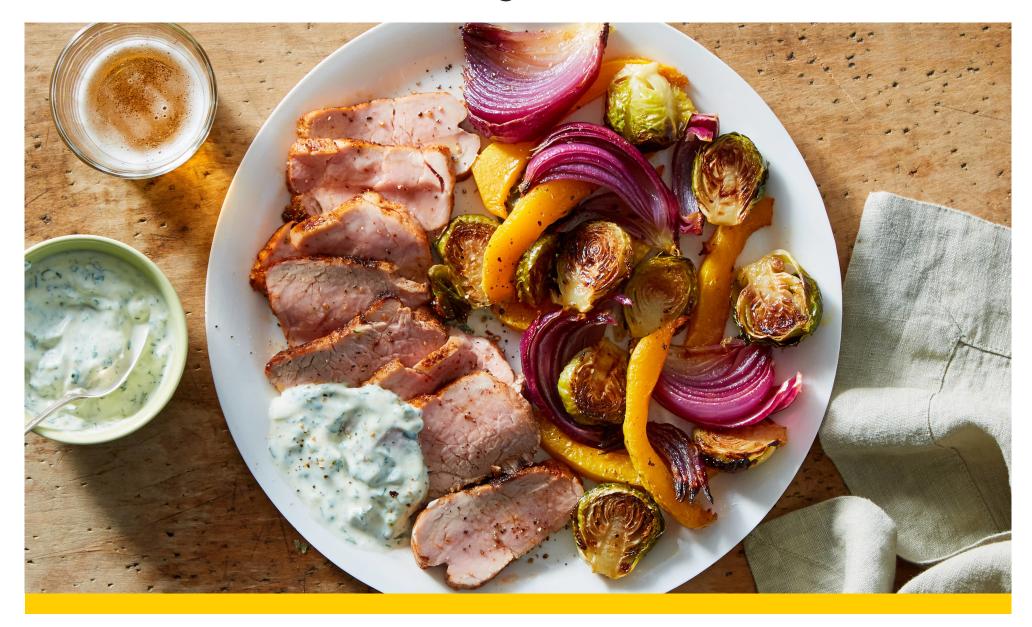
# MARLEY SPOON



# **BBQ-Rubbed Pork Tenderloin**

with Roasted Vegetables & Creamy Herb Sauce





30-40min 2 Servings

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 Brussel sprouts-until they develop an irresistible caramelized exterior.

#### What we send

- 10 oz pkg pork tenderloin
- BBQ spice blend (use 1 tsp)
- 1 medium red onion
- ½ lb Brussels sprouts
- ½ lb butternut squash
- garlic (use 1 large clove)
- ¼ oz fresh parsley
- 2 oz sour cream <sup>7</sup>

# What you need

- kosher salt & ground pepper
- · olive oil
- butter <sup>7</sup>
- apple cider vinegar (or white wine vinegar)

#### **Tools**

- · rimmed baking sheet
- medium ovenproof skillet

#### **Allergens**

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

#### **Nutrition per serving**

Calories 640kcal, Fat 41g, Carbs 33g, Protein 37g



### 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). Peel **squash**, then cut into ½-inch slices. 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!