

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, quick-cooking 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 ⁷

What you need

- kosher salt & ground pepper
- olive oil
- butter ⁷
- 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**.



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.



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.



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**.



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.



6. Finish & serve

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