

DINNERLY



Pan-Roasted Pork Tenderloin with Green Beans & Cheddar Grits



20-30min



2 Servings

Some people get excited about puppies. Some people get excited about summer. We get excited about cheesy grits. Especially, when they're the bed for juicy pork tenderloin, roasted green beans, and a garlicky pan sauce spooned over top. You can't see us right now, but we're doing our happy dance. We've got you covered!

WHAT WE SEND

- garlic (use 1 large clove)
- ¾ oz piece sharp cheddar⁷
- 10 oz pkg pork tenderloin
- ½ lb green beans
- 3 oz grits

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- butter⁷
- apple cider vinegar (or white wine vinegar)

TOOLS

- medium ovenproof skillet
- small saucepan

ALLERGENS

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

NUTRITION PER SERVING

Calories 650kcal, Fat 36g, Carbs 42g, Protein 38g



1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Peel and thinly slice **1 large garlic clove**. Coarsely chop **cheddar**. Pat **pork tenderloin** dry, then season all over with **salt** and **pepper**. Trim ends from **green beans**. Transfer to a medium bowl, then toss with **1 teaspoon oil** and a **pinch** each **salt** and **pepper**.



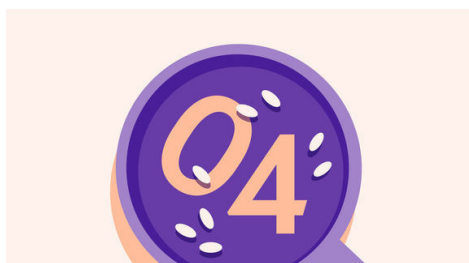
2. Sear pork

Heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Add **pork** to skillet and cook until underside is browned, about 4 minutes. Flip pork, then scatter **green beans** around the meat.



3. Roast pork & green beans

Transfer skillet with **pork and green beans** to center oven rack and roast until pork is cooked to an internal temperature of 145°F and green beans are tender, about 10 minutes. Transfer pork to a cutting board to rest and green beans to plates. Cover to keep warm. Reserve skillet and **any pan drippings** for step 5.



4. Cook grits

Meanwhile, in a small saucepan, bring **2 cups water** and a **pinch of salt** to a boil. Stir in **grits**. Reduce heat to low and cook, stirring occasionally to prevent sticking, until grains are tender, about 7 minutes. Stir in **cheese** and **1 tablespoon butter**; season to taste with **salt** and **pepper**. Remove from heat and cover to keep warm.



5. Finish & serve

Add **garlic** and **1 teaspoon oil** to same skillet with **pan drippings**; cook over medium-high until fragrant, 1 minute. Add **2 tablespoons butter**, **1 tablespoon vinegar**, and **2 tablespoons water**. Cook until **sauce** is slightly reduced, 1–2 minutes; season with **salt** and **pepper**. Serve **pork** with **green beans** and **cheddar grits**; drizzle **pan sauce** over top. Enjoy!



6. Spice it up!

Stir a pinch of cayenne pepper or a dash of hot sauce into your cheesy grits to add some heat!