

DINNERLY



Roasted BBQ Pork Tenderloin with Buttery Corn & Broccoli



30min



2 Servings

Did you ever watch a movie and the sidekick was so charming, they kind of stole the show from the main character? The broccoli in this dish does just that here. (Sorry, pork.) When you grill broccoli, something magical happens: It gets charred and crispy in places, making it so sweet and irresistible, it's practically picky eater proof. We've got you covered!

WHAT WE SEND

- 10 oz pkg pork tenderloin
- garlic (use 1 medium clove)
- BBQ spice blend (use 2 tsp)
- ½ lb broccoli
- 5 oz corn

WHAT YOU NEED

- neutral oil, such as vegetable
- apple cider vinegar (or white wine vinegar)
- sugar
- kosher salt & ground pepper
- butter ⁷

TOOLS

- rimmed baking sheet
- microplane or grater
- small skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 430kcal, Fat 24g, Carbs 25g, Protein 33g



1. Start roasting pork

Preheat oven to 450°F with a rack in the center. Pat **pork** dry and transfer to a rimmed baking sheet. Lightly drizzle with **oil**. Roast on center rack until underside is deeply browned, 6–7 minutes.



2. Make glaze, prep broccoli

While **pork** roasts, peel and finely grate ¼ **teaspoon garlic** into a small bowl. Add **2 teaspoons of the BBQ spice, 2 tablespoons oil, 1 teaspoon vinegar, and 1 teaspoon sugar** to bowl, stirring to combine; season with **salt and pepper**. Cut **broccoli** into 1-inch florets.



3. Glaze pork & add broccoli

Flip **pork**, push to one side of the baking sheet, and brush **half of the glaze** over top. Add **broccoli** to opposite side and carefully toss with **1 tablespoon oil**; season with **salt and pepper**. Cook until broccoli is tender and browned in spots, and pork is cooked to an internal temperature of 145°F, 6–7 minutes.



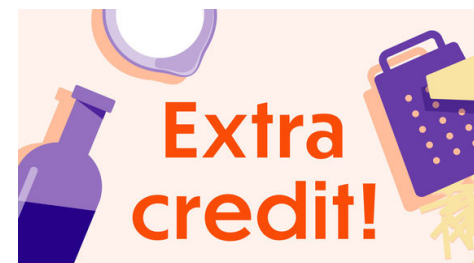
4. Sauté corn

Meanwhile, melt **1 tablespoon butter** in a small skillet over medium-high. Add **corn** and cook until golden and tender, 2 minutes. Season to taste with **salt and pepper**.



5. Serve

Thinly slice **pork**, then brush with **remaining barbecue glaze**. Serve **barbecue pork tenderloin** with **buttery corn** and **roasted broccoli** alongside. Enjoy!



6. Carbo load!

This dinner checks all the right boxes, but nothing beats a fluffy bed of rice to soak up all the flavors!