

MARLEY SPOON



Parmesan-Rosemary Pork Tenderloin

with Mashed Potatoes & Roasted Broccolini



30-40min



2 Servings

Pork tenderloin is the answer to weeknight dinner planning. This tender cut of meat is quick-cooking and plays well with a variety of flavor profiles. For this dish, we crust the pork with a mixture of rosemary and Parmesan, which gets toasty and crisp in the oven.

What we send

- 1 russet potato
- ¼ oz fresh rosemary
- ¾ oz piece Parmesan ⁷
- garlic (use 1 large clove)
- 1 bunch broccolini
- 10 oz pkg pork tenderloin
- 1 pkt chicken broth concentrate

What you need

- kosher salt & pepper
- olive oil
- all-purpose flour ¹

Tools

- medium saucepan
- colander
- microplane or grater
- rimmed baking sheet
- medium ovenproof skillet
- potato masher or fork

Allergens

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 630kcal, Fat 26g, Carbs 52g, Protein 42g



1. Cook potatoes

Preheat oven to 450°F with racks in the upper third and center. Peel **potato**, then cut into 1-inch pieces. Place in a medium saucepan, along with **1 tablespoon salt** and enough water to cover by ½ inch. Cover and bring to a boil, then uncover and cook until easily pierced with a fork, 4-5 minutes. Reserve **¼ cup cooking water**; drain potatoes then return to saucepan. Cover to keep warm.



4. Roast pork

Heat **1 tablespoon oil** in a medium ovenproof skillet over medium. Add **pork**, Parmesan side up, and sear until browned underneath, 2-3 minutes. Roast on upper oven rack until pork is firm to touch and the internal temperature reaches 145°F, 8-10 minutes. Transfer to a cutting board and let rest for 5 minutes. Reserve skillet for step 6.



2. Prep ingredients

Meanwhile, pick **2 teaspoons rosemary leaves** from stems; discard stems and finely chop leaves. Finely grate **Parmesan**. Peel and finely chop **1 teaspoon garlic**. Trim stem ends from **broccolini**, then halve stalks lengthwise, if large.



5. Mash potatoes

Return **potatoes** to medium heat. Add **reserved cooking water** and **2 tablespoons oil** to the saucepan. Using a potato masher or fork, mash potatoes until smooth. Season to taste with **salt** and **pepper**. Cover to keep warm.



3. Roast broccolini

On a rimmed baking sheet, toss **broccolini** with **1 tablespoon oil** and season with **salt** and **pepper**. Roast on center oven rack until broccolini is tender and browned in spots, 12-15 minutes. In a small bowl, stir to combine **chopped rosemary, Parmesan, and 1 tablespoon oil**. Pat **pork** dry and season with **salt** and **pepper**. Top pork with crust mixture, pressing to adhere.



6. Make gravy & serve

Heat reserved skillet over medium (the handle will be hot!). Add **garlic** and **½ tablespoon flour**, and cook, stirring, until fragrant, about 30 seconds. Whisk in **broth concentrate** and **½ cup water**. Cook, stirring, until thickened slightly, 1 minute. Season to taste with **salt** and **pepper**. Serve **pork** with **gravy**, and **broccolini** and **mashed potatoes** alongside. Enjoy!