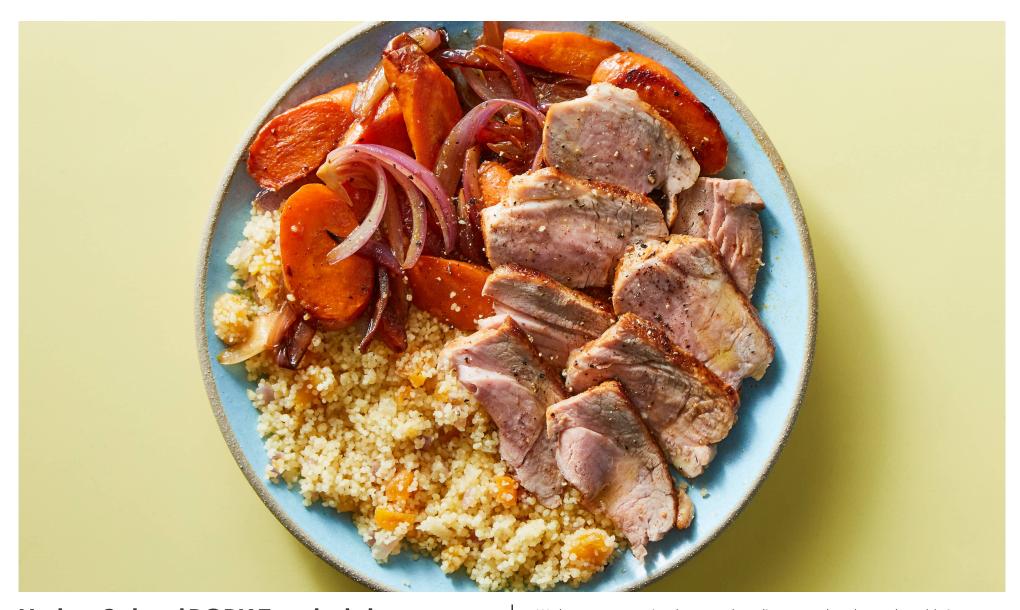
DINNERLY



Harissa Spiced PORK Tenderloin

with Couscous Pilaf & Roasted Carrots





We love a tasty tagine, but not when dinner needs to be on the table in a hurry! So we deconstructed the Moroccan stew to make a delicious meal that you don't need hours, a ton of ingredients, or any special equipment to make! Tender pork tenderloin is seasoned with harissa spice. Dried apricots are folded into the couscous for the perfect sweet and savory side. We've got you covered!

WHAT WE SEND

- 1 medium red onion
- 10 oz pkg pork tenderloin
- harissa spice (use 1 tsp)
- garlic
- 1 oz dried apricots 12
- · 8 oz carrots
- 3 oz couscous 1

WHAT YOU NEED

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

TOOLS

- · large ovenproof skillet
- small saucepan

ALLERGENS

Wheat (1), Milk (7), Sulphur dioxide and sulphites (12). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 640kcal, Fat 27g, Carbs 65g, Proteins 36g



1. Prep ingredients

Preheat oven to 450°F with a rack in the lower third. Halve onion. then cut into ¼-inch thick wedges through root end; finely chop ¼ cup onions. Pat pork dry; season with 1 teaspoon harissa spice and a generous pinch each of salt and pepper. Finely chop 1 teaspoon garlic. Scrub and trim carrots; cut into ¼-inch pieces on an angle. Chop apricots, if necessary.



2. Roast onions & carrots

Transfer **sliced onions and carrots** to a large ovenproof skillet; toss with **2 teaspoons oil** and season with **salt** and **pepper**. Roast on lower oven rack until just tender and browned in spots, 10–12 minutes.



3. Sear & roast pork

Carefully transfer skillet to stovetop; set over medium-high heat. Push veggies to one side, then add 1 teaspoon oil. Add pork to empty side and cook until browned on one side, 2–3 minutes. Flip pork; stir 2 tablespoons water into veggies. Roast on lower oven rack until veggies are tender and pork reaches 145°F internally, about 8 minutes (or longer for desired doneness).



4. Season veggies

Transfer pork to a cutting board to rest for 5 minutes, then thinly slice. Set skillet with veggies over medium heat. Toss with 3 tablespoons water, 1½ tablespoons butter, and ½ teaspoon vinegar, stirring until butter melts, about 1 minute. Season to taste with salt and pepper. Cover to keep warm. Heat 1 tablespoon oil in a small saucepan over medium-high.



5. Cook couscous & serve

Add chopped onions and garlic to saucepan; cook, stirring, until softened, 2–3 minutes. Add apricots, ½ cup water, and ¼ teaspoon salt. Cover and bring to a boil, then stir in couscous. Cover and let stand for 5 minutes off heat. Fluff couscous with a fork. Serve pork with veggies and couscous pilaf alongside. Spoon pan sauce over top. Enjoy!



6. Mix it up!

Instead of mixing the apricots into your couscous, make a chutney! Finely chop apricots into 1/8-inch pieces, then transfer to a small saucepan. Add 21/2 tablespoons vinegar, 1/4 cup water, and 1 tablespoon sugar, and bring to a boil. Reduce heat to medium and cook until liquid is reduced to a syrup, 3–4 minutes. Season to taste with salt. Spoon over your pork and veggies.