



Pork Tenderloin Roast

with Corn Spoon Bread & Brussels Sprouts



30-40min



2 Servings

If you like cornbread, you're going to love spoonbread, its softer, possibly even more delicious, cousin. We are particularly partial to this version, which incorporates corn kernels for sweetness and pops of texture in each bite. Pork tenderloin roasts on the same sheet pan as Brussels sprouts to make a festive fall-inspired meal with cranberry chutney spooned over top.

What we send

- 2 oz dried cranberries
- 1 oz apricot preserves
- 10 oz pkg pork tenderloin
- ½ lb Brussels sprouts
- 3½ oz unsweetened cornbread mix ¹
- 2½ oz corn
- 2 (1 oz) pkts sour cream ⁷

What you need

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

Tools

- small (8") ovenproof skillet
- medium ovenproof skillet

Allergens

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

Nutrition per serving

Calories 910kcal, Fat 35g, Carbs 104g, Protein 46g



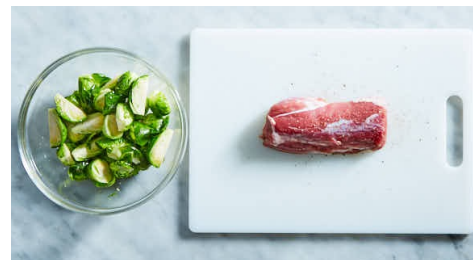
1. Make chutney

Preheat oven to 425°F with a rack in the center. In a small ovenproof skillet, combine **cranberries, apricot preserves, ½ cup water, 1 tablespoon each of vinegar and sugar, and a pinch of salt**. Bring to a simmer over medium-high heat and cook, stirring occasionally, until sauce is thick and jammy (about ½ cup), 4-5 minutes. Transfer to a small bowl. Rinse and dry skillet.



4. Bake corn spoon bread

Carefully remove skillet from oven and pour in **batter** (oil may splatter and it will sizzle). Bake on center oven rack until golden brown, crisp around the edges, and cooked through, 15-20 minutes. Set aside to cool slightly.



2. Prep ingredients

Add **1 tablespoon oil** to same skillet, then place on center oven rack to preheat. Pat **pork** dry, then season all over with **salt** and **a few grinds of pepper**. Trim **Brussels sprouts**, then remove outer leaves, if necessary; halve (or quarter, if large). In a medium bowl, toss Brussels sprouts with **1 tablespoon oil** and **a pinch each of salt and pepper**.



5. Cook pork & sprouts

Meanwhile, heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Place **pork** in the center, then arrange **Brussels sprouts** around the outside. Cook pork until well browned on the bottom, stirring sprouts occasionally, 2-3 minutes. Flip pork, transfer skillet to oven and bake on center rack alongside **spoonbread**, until pork is firm and 145°F internally, 10-12 minutes.



3. Make spoon bread batter

In a medium bowl, stir to combine **corn bread mix, 1 tablespoon sugar, and ½ teaspoon salt**. Stir in **corn, all of the sour cream, ½ cup water, and 1 tablespoon oil** (batter will be runny).



6. Finish & serve

Transfer **pork** to a cutting board to rest for 5 minutes before slicing. Scoop **spoonbread** onto plates. Serve **Brussels sprouts** and **pork** alongside with **cranberry chutney** spooned over top. Enjoy!