

DINNERLY



Roasted BBQ-Rubbed 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 roast 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
- ¼ oz pkt BBQ spice blend
- ½ lb broccoli
- 5 oz bag corn

WHAT YOU NEED

- neutral oil
- 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 490kcal, Fat 32g, Carbs 23g, Protein 33g



1. Start roasting pork

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



2. Make glaze, prep broccoli

While **pork** roasts, finely grate ½ **teaspoon garlic** into a small bowl. In same bowl, add **2 tablespoons oil**, **2 teaspoons BBQ spice blend**, and **1 teaspoon each of vinegar and sugar**, stirring to combine; season with **salt** and **pepper**. Trim stem ends from **broccoli**, then cut crowns 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 of the baking sheet; carefully toss with **1 tablespoon oil** and season with **salt** and **pepper**. Roast until broccoli is tender and browned in spots, and pork reaches 145°F internally, 6–7 minutes (watch closely as ovens vary).



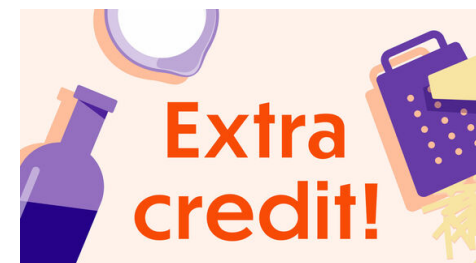
4. Sauté corn

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



5. Finish & serve

Thinly slice **pork**, then brush with **remaining glaze**. Serve **pork** 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 BBQ spice flavor!