



Low-Cal Pork Tenderloin

with Two-Bean Salad & Lemon Dressing



20-30min



2 Servings

Crushed fennel seeds, salt, and pepper act like a quick dry-brine, giving this juicy grilled pork tenderloin an almost Italian sausage-like flavor. Two beans—creamy cannellini and crisp-tender green beans—are tossed in a bright lemon dressing loaded with plenty of chopped parsley for added freshness and color.

What we send

- 10 oz pork tenderloin
- ¼ oz fennel seeds
- ½ lb green beans
- 1 shallot
- 1 can cannellini beans
- 1 lemon
- ¼ oz fresh parsley

What you need

- olive oil
- kosher salt & ground pepper
- sugar

Tools

- grill, grill pan, or skillet
- medium saucepan
- meat mallet (or heavy skillet)

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

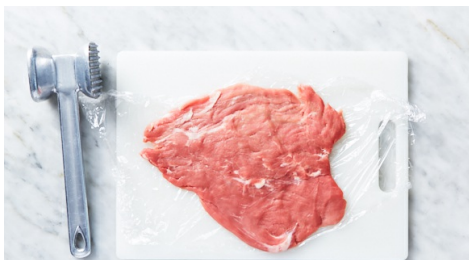
We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 570kcal, Fat 27g, Carbs 36g, Proteins 47g



1. Prep pork

Light a grill to medium-high if using; **oil** grates. Bring a medium saucepan of **salted water** to a boil; cover to keep warm over medium-low until step 5. Pat **pork** dry. Cut pork lengthwise, slicing halfway through; open up like a book and place between sheets of plastic wrap. Using a meat mallet or heavy skillet, pound to an even ¼-inch thickness.



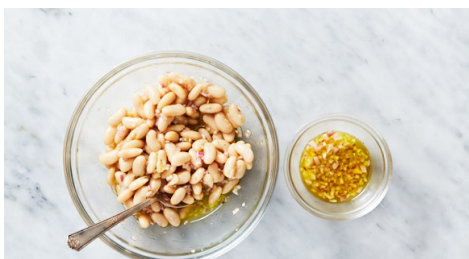
2. Season pork

Coarsely chop **fennel seeds**. Transfer to a small bowl along with ½ **teaspoon salt** and a **pinch of pepper**. Rub **pork** lightly with **oil** and season on both sides with fennel mixture. Let rest at room temperature until step 6.



3. Prep vegetables

Trim ends from **green beans**; cut crosswise into 1-inch pieces. Trim ends from **shallot**, then halve and finely chop ¼ **cup**. Drain and rinse **cannellini beans**. Squeeze 3 **tablespoons lemon juice**. Finely chop **parsley leaves and stems**.



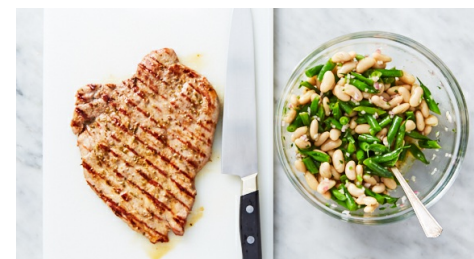
4. Make dressing

In a medium bowl, combine **lemon juice**, **chopped shallot**, ¼ **cup oil**, 1 **teaspoon sugar**, ½ **teaspoon salt**, and a **few grinds of pepper**. Transfer 1½ **tablespoons dressing** to a small bowl; reserve for step 6. Add **cannellini beans** to **remaining lemon dressing** in the medium bowl. Toss gently to combine.



5. Cook green beans

Return **salted water** to a boil. Add **green beans**, cook until crisp-tender, about 4 minutes. Drain, rinse with **cold water**, and drain again. Pat dry with paper towels. Add green beans and **half of the parsley** to **cannellini beans**. Toss gently to combine. Season to taste with **salt** and **pepper**.



6. Grill pork

Heat grill pan or skillet if using, over medium-high; add **pork** to grill or pan. Cook until lightly charred on one side, about 5 minutes. Flip, cook 1-2 minutes more, or until just cooked through. Transfer to cutting board to rest 5 minutes; thinly slice, if desired. Drizzle **pork** with **reserved dressing** and **sprinkle with remaining parsley**; serve with **bean salad** alongside. Enjoy!