



## Low-Cal Garlic-Herb Pork Tenderloin

with Roasted Potatoes & Gravy



30-40min



2 Servings

We've taken a delectable pork tenderloin and slathered it in a flavorful garlic-herb paste. The meat and veggies cook together in the oven, so the potatoes and carrots sop up some of the delicious pan drippings. Once in the oven, you have time to quickly whip up the gravy, flavored with mustard and cider vinegar. Bonus: no peeling required in this dish, cutting down on prep!



### What we send

- 2 russet potatoes
- 1 bag carrots
- garlic
- ¼ oz fresh chives
- 1 pkt chicken broth concentrate
- 1 pkt Dijon mustard
- 10 oz pork tenderloin

### What you need

- apple cider vinegar (or white wine vinegar)
- olive oil
- kosher salt & ground pepper
- all-purpose flour <sup>1</sup>

### Tools

- microplane or grater
- rimmed baking sheet
- small saucepan

### Allergens

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

### Nutrition per serving

Calories 650kcal, Fat 27g, Carbs 57g, Protein 44g



#### 1. Prep ingredients

Preheat oven to 450°F with a rack 6 inches from the heat source. Scrub **potatoes** and **carrots**, then cut lengthwise into ½-inch thick wedges. Finely grate **½ teaspoon garlic**. Finely chop **chives**. In a liquid measuring cup, combine **chicken broth concentrate**, **¾ cup water**, and **1½ teaspoons vinegar**.



#### 4. Roast pork & vegetables

Roast **pork** and **vegetables** on the top oven rack until pork is firm to the touch and the internal temperature reaches 145°F, 20-25 minutes. Transfer pork to a cutting board and let rest for 5-10 minutes. Keep vegetables on baking sheet.



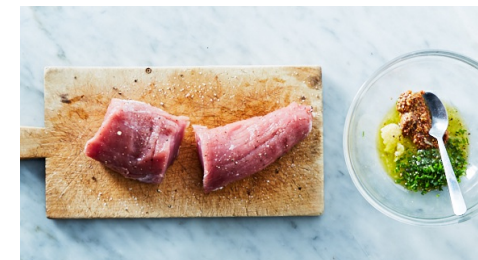
#### 2. Season vegetables

On a rimmed baking sheet, toss **carrots** and **potatoes** with **1 tablespoon oil** and season with **salt** and **pepper**.



#### 5. Make gravy

Meanwhile, in a small saucepan heat **1 tablespoon oil** over medium. Add **1 tablespoon flour** and cook until flour is golden, 1-2 minutes. Slowly whisk in **prepared chicken broth**; bring to a simmer. Cook, stirring occasionally, until **gravy** is thickened, about 5 minutes. Stir in **remaining Dijon mustard**, and season to taste with **salt** and **pepper**.



#### 3. Make garlic-herb paste

In a small bowl, combine **grated garlic**, **½ of the chopped chives**, **1 tablespoon oil**, and **1 teaspoon Dijon mustard**; season to taste with **salt** and **pepper**. Pat **pork** dry and season all over with **salt** and **pepper**. Spread **herb paste** all over the top of pork. Place pork on baking sheet with the **vegetables**; spread **herb paste** all over the top of the pork.



#### 6. Broil vegetables & serve

Switch oven to broil. Broil **vegetables** on the top oven rack until tender and charred in spots, 2-5 minutes (watch closely as broilers vary). Slice **pork** and stir **any resting pan juices** into the **gravy**. Serve **pork** with **vegetables** alongside and **gravy** for drizzling over. Garnish with **remaining chives**. Enjoy!