



Roast Pork Tenderloin, Parsnips & Spinach

with Blistered Grapes & Gravy



30-40min



2 Servings

This hearty recipe brings the cozy gastropub feel at home with a symphony of sweet and savory flavors thanks to grapes roasted alongside pork tenderloin and onions. If you've never had roasted grapes before you'll love their concentrated sweetness once they begin to burst. The parsnip is a relative of both the carrot and parsley (imagine that family tree!), and when roasted, it becomes beautifully caramelized and tender.

What we send

- 2 parsnips
- ¼ oz fresh rosemary
- ½ lb red grapes
- 1 medium yellow onion
- 3 oz baby spinach
- 10 oz pkg pork tenderloin

What you need

- olive oil
- kosher salt & ground pepper
- butter ⁷

Tools

- rimmed baking sheet
- medium ovenproof skillet

Allergens

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

Nutrition per serving

Calories 650kcal, Fat 33g, Carbs 48g, Proteins 41g



1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Scrub **parsnips**, then cut into 3-inch pieces (halve or quarter first, if large). Pick **1 teaspoon rosemary leaves**, then finely chop, discarding **stems** (reserve a sprig for step 5). Pick **any stems from grapes**. Cut **onion** in half, then cut one half lengthwise into ¼-inch thick wedges (save rest for your own use).



4. Roast pork

Heat **1 tablespoon oil** in same skillet over medium-high. Add **grapes** and **sliced onions** and season with **a pinch each of salt and pepper**. Cook until grapes and onions are slightly charred, 3-5 minutes. Return **pork** to skillet; transfer to center oven and roast until grapes burst, onions are caramelized, and pork reaches 145°F internally, 5-7 minutes (watch closely as ovens vary).



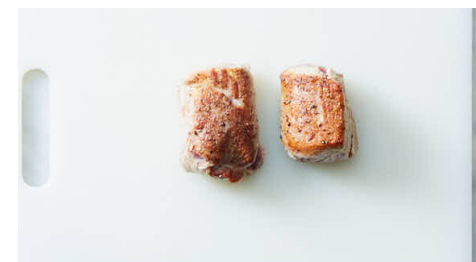
2. Roast parsnips

On a rimmed baking sheet, toss **parsnips** with **chopped rosemary** and **1 tablespoon oil**; season with **salt** and **pepper**. Roast on center rack until golden and tender, shaking sheet halfway through, 20-25 minutes. Once parsnips are golden brown, evenly sprinkle **spinach** over top & season with **salt** and **pepper**. Roast until spinach is just wilted, about 1 minute.



5. Make pan sauce

Transfer **pork** to a cutting board and **grapes** and **onions** to a bowl. Carefully place skillet over medium-high heat. Add **¼ cup water** and **reserved whole rosemary sprig**. Bring to simmer and cook, scraping up browned bits from bottom of skillet, until slightly reduced, 2-3 minutes. Remove from heat; swirl in **1 tablespoon butter**. Season to taste with **salt** and **pepper**.



3. Brown pork

While **parsnips** roast, heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Season **pork** all over with **salt** and **pepper**. Add pork and cook, turning as needed, until browned all over, 6-8 minutes total (pork will not be cooked through). Transfer to a cutting board.



6. Finish & serve

Carefully toss **parsnips** and **spinach** together until combined. Slice **pork** and serve alongside **parsnips** and **spinach** with **grapes**, **onions** and **pan sauce** spooned over top. Enjoy!