





Pork Tenderloin and Grapes

with Parsnips & Spinach

 30-40min  2 Servings

This recipe is a symphony of sweet and savory flavors thanks to grapes roasted alongside pork tenderloin and shallots. 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. Cook, relax, and e...

What we send

- parsnips
- fresh rosemary
- red seedless grapes
- flat leaf spinach
- shallot
- pork tenderloin
- red wine vinegar

What you need

- coarse salt
- freshly ground black pepper
- olive oil

Tools

- large skillet
- rimmed baking sheet

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

Energy 540.0kcal, Fat 20.0g, Proteins 38.1g, Carbs 46.6g



1. Prep ingredients

Preheat oven to 450°F. Peel parsnips and cut into 3-inch pieces, halving or quartering if large. Pick leaves from rosemary and finely chop (1 teaspoon). Pick any stems from grapes. Remove any large stems from spinach and rinse well. Halve and peel shallots and cut into ¼-inch thick wedges.



2. Roast parsnips

On a rimmed baking sheet, toss parsnips with chopped rosemary, 2 tablespoons oil, ½ teaspoon salt, and several grinds pepper. Roast, shaking sheet halfway through, until golden and tender, 20-25 minutes.



3. Brown pork

Meanwhile, heat 1 tablespoon oil in a large skillet over medium-high. Season pork all over with ½ teaspoon salt and several grinds pepper. Add pork to skillet and cook, turning as needed, until browned all over, 6-8 minutes.



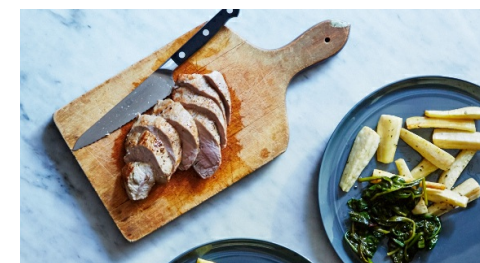
4. Finish pork

Add 1 tablespoon oil to skillet along with grapes and shallots and stir to coat. Transfer skillet to oven and roast until grapes have burst, shallots are golden, and pork is just cooked through (the center should register 135°F on a instant read thermometer), 10-12 minutes.



5. Cook spinach

Transfer pork to a cutting board and grapes and shallots to a bowl. Place skillet over medium-high and add spinach. Cook, tossing, until spinach wilts, about 1 minute. Add vinegar, season with salt and pepper, and toss to combine.



6. Serve

Slice pork and serve over spinach along with parsnips, grapes, and shallots, and spoon any pan juices over the top. Enjoy!