

DINNERLY

D396 badge

Barbecue Pork Tenderloin with Buttery Corn & Grilled Broccoli



30-40min



4 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 grill 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

- garlic
- BBQ spice blend
- pork tenderloin
- corn
- broccoli crowns

WHAT YOU NEED

- apple cider vinegar
- kosher salt & ground pepper
- sugar

TOOLS

- skillet
- microplane or grater

ALLERGENS

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

NUTRITION PER SERVING

Calories 430.0kcal, Fat 24.0g, Proteins 33.0g, Carbs 25.0g



1. Prep ingredients

Trim end from **broccoli**, then cut into 1-inch florets. In a medium bowl, toss broccoli with **2 tablespoons water**, **1 teaspoon salt**, and **several grinds of pepper**.



2. Make barbecue glaze

Preheat a grill or grill pan to high. Peel and finely grate **¼ teaspoon garlic** into a small bowl. Stir in **1½ tablespoons BBQ spice**, **¼ cup oil**, **2 teaspoons vinegar**, **2 teaspoons sugar**, **¼ teaspoon salt**, and **a few grinds of pepper**; set aside.



3. Grill pork & broccoli

Reduce grill heat to medium. Add **pork** and grill until deeply browned underneath, 6–8 minutes. Flip pork, push to one side, and brush **half of the barbecue glaze** over top. Add **broccoli** and grill until charred in spots and tender, 5–6 minutes. Grill pork until an instant-read thermometer inserted in thickest part reads 145°F, 11–14 minutes.



4. Sauté buttery corn

Melt **2 tablespoons butter** in a medium skillet over medium-high. Add **corn** and cook until golden and tender, 2 minutes; season to taste with **salt** and **pepper**.



5. Serve

Thinly slice **barbecue pork tenderloin**, then brush with **remaining barbecue glaze**. Serve **grilled broccoli** and **buttery corn** alongside. Enjoy!



6. No grill, no problem!

Preheat oven to 425°F with a rack in center. Pat pork dry; season with salt and pepper. Place on a rimmed baking sheet and roast until browned underneath, 6–7 minutes. Flip pork; push to one side and brush half of the glaze on top. Add broccoli; toss with 1 tablespoon oil. Roast until pork reaches 145°F and broccoli is browned, 9–11 minutes.