





Butterflied Spiced Pork

with Carrot-Potato Mash & Green Beans

 30-40min  4 Servings

With this recipe we discovered one of our favorite ways to eat potatoes: roasted alongside carrots until golden and starting to crisp, then mashed all together with butter, salt, and pepper. This yields a soft mash with roasted crispy pieces and hints of carrot sweetness—the best of both worlds. Pork tenderloin gets butterflied, giving it more surface area to absorb a flavorful tandoori spice b...

What we send

- russet potatoes
- carrots
- tandoori spice blend
- green beans
- pork tenderloin

What you need

- butter⁷
- kosher salt & ground pepper
- olive oil

Tools

- colander
- medium saucepan
- 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

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

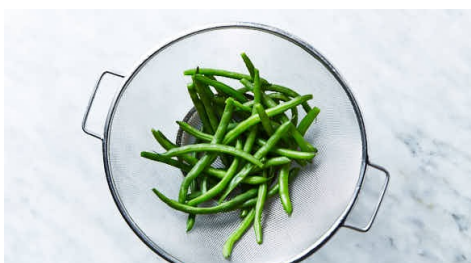
Nutrition per serving

Calories 670.0kcal, Fat 34.0g, Proteins 37.0g, Carbs 58.0g



1. Prep ingredients

Preheat oven to 450°F with a rack in the center position. Bring a medium saucepan of **salted water** to a boil. Peel **carrots**, trim ends, and cut into 4-inch pieces. Halve or quarter lengthwise if large. Peel **potato**, then cut lengthwise into ¾-inch wedges. Trim stem ends from **green beans**.



4. Cook green beans

While **pork** marinates, add **green beans** to boiling water, and cook until crisp-tender, 6-8 minutes. Drain green beans well. Wipe saucepan dry and reserve for step 6.



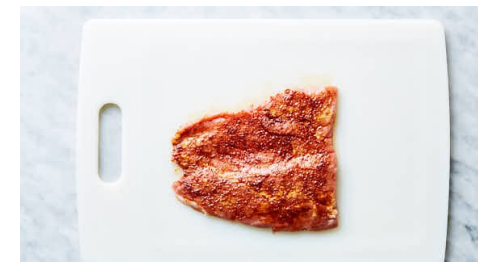
2. Mash carrots & potatoes

On a rimmed baking sheet, toss **potatoes** and **carrots** with **2 tablespoons oil** and **1 teaspoon salt**. Roast vegetables on center oven rack until tender and potatoes are golden underneath, about 20 minutes. Transfer vegetables to a large bowl and, using a potato masher, mash with **3 tablespoons butter**. Season to taste with **salt**. Cover to keep warm.



5. Cook pork

Preheat a grill pan or large skillet to medium-high. **Oil** grill pan or add **2 teaspoons oil** to the skillet. Add **pork** and cook, turning once or twice, until instant-read thermometer inserted into the thickest part reads 145°F, 8-10 minutes (reduce heat if browning too quickly). Transfer pork to a cutting board and let rest 5 minutes.



3. Prep pork tenderloin

Meanwhile, using a sharp knife, cut **pork tenderloin** horizontally (parallel to cutting board) almost completely in half. Open up like a book, and pound to an even ½-inch thickness, if necessary. In a small bowl, combine **2 teaspoons of the tandoori spice blend** (save rest for own use) with **1 tablespoon oil**, and rub all over pork. Let sit 10 minutes.



6. Finish & serve

Add **2 tablespoons butter** and **almonds** to reserved saucepan and cook over medium-high heat, stirring until lightly browned, 2-3 minutes. Add cooked **green beans** and **a pinch of salt**, and toss to coat. Slice **pork** into ½-inch thick pieces, and serve with **carrot-potato mash** and **green beans**. Enjoy!