



Pan-Seared Pork Cutlets

with Brussels Sprouts and Carrots



30-40min



2 Servings

These pork cutlets are from the tenderloin—the filet mignon of pork! The cutlets are pounded thin and seared, while sweet carrots and delicious Brussels sprouts brown in the oven. All topped with a buttery pan sauce, it's hard to beat. A pro tip is to keep the butter in the refrigerator until you are ready to whisk it into the pan sauce, which guarantees a velvety sauce! Cook, relax, and enjoy!...

What we send

- pork tenderloin
- chicken broth concentrate
- carrots
- Brussels sprouts
- shallot
- fresh parsley

What you need

Tools

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

Calories 576.0kcal, Fat 32.0g, Proteins 34.0g, Carbs 38.0g



1. Prep pork

Preheat oven to 450°F with a rack in the upper third. Pat **pork** dry and transfer to a cutting board. Cut pork crosswise into 2 equal pieces (if not already), then cut each piece lengthwise, stopping halfway through. Open up like a book and place between sheets of plastic wrap. Using a meat mallet or heavy skillet pound until uniformly ¼-inch thick.



4. Season pork

Meanwhile, put **¼ cup flour** in a shallow bowl. Season with **a pinch each salt and pepper**. Season **pork** with **¼ teaspoon salt**, and **a few grinds pepper**. Dredge **pork** in flour and shake off excess.



2. Prep vegetables

Trim ends from **Brussels sprouts** and halve lengthwise, or quarter if large. Peel **carrots** and cut into ¼-inch thick slices on an angle. Halve **shallot**, then peel and finely chop **1½ tablespoons shallot**, and quarter the remaining lengthwise. Finely chop **parsley leaves and stems**.



5. Brown pork

In a large skillet, heat **1 tablespoon oil** over medium-high until shimmering. Add **pork** to skillet. Sear, turning once, until cooked through and browned on each side, 7-8 minutes total. Transfer each cutlet to a plate.



3. Prep broth, roast veggies

Whisk **broth concentrate** into **¾ cup water**. On a rimmed baking sheet, toss **Brussels sprouts, carrots, quartered shallots, 2 tablespoons oil, ¼ teaspoon salt** and **a few grinds pepper**. Roast in upper third of oven until vegetables are tender and browned in spots, 16-18 minutes. Add **chopped parsley** and stir to combine.



6. Make pan sauce & serve

Add **chopped shallots** and **½ teaspoon sugar** to skillet, cook until softened, 1-2 minutes. Add **2 tablespoons vinegar**, cook, scraping up browned bits, about 30 seconds. Add **broth mixture**, cook until reduced by half, about 6 minutes. Off heat, whisk in **½ tablespoon cold butter**. Season to taste with **salt and pepper**. Spoon **sauce** over **pork and vegetables**. Enjoy!