



Pork Tenderloin

with Two-Bean Salad & Lemon Dressing



20-30min



4 Servings

Crushed fennel seeds, salt, and pepper act like a quick dry-brine, giving this juicy grilled pork tenderloin an almost Italian sausage-like flavor. Two beans—creamy cannellini and crisp-tender green beans—are tossed in a bright lemon dressing loaded with plenty of chopped parsley for added freshness and color. Cook, relax, and enjoy!

What we send

- fennel seeds
- green beans
- lemons
- canned cannellini beans
- pork tenderloin
- shallot
- fresh parsley

What you need

- kosher salt & ground pepper
- olive oil
- sugar

Tools

- colander
- meat mallet (or heavy skillet)
- medium saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

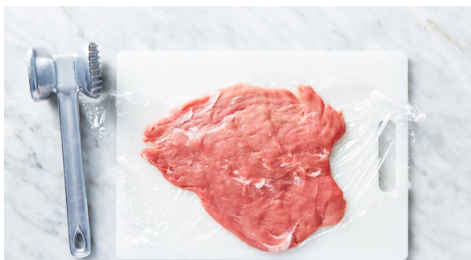
For recipes containing garlic, you'll find one head of garlic in your box.

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



1. Prep pork

Light a grill to medium-high if using; **oil** grates. Bring a medium saucepan of **salted water** to a boil, cover, keep warm over medium-low heat. Pat **pork** dry. Using a sharp knife, cut **pork** lengthwise, slicing halfway through. Open up like a book and place between plastic wrap. Using a meat mallet or heavy skillet, pound to an even ¼-inch thickness.



2. Season pork

Place **fennel seeds** on a clean cutting board and coarsely chop. Transfer to a small bowl with **1 teaspoon salt** and **¼ teaspoon pepper**. Lightly rub **pork** with **oil**. Season on both sides with **fennel mixture**. Let rest at room temperature while you prep the vegetables and make the dressing.



4. Make dressing

In a large bowl, combine **lemon juice**, **shallots**, **2 teaspoons sugar**, **1 teaspoon salt**, **¼ teaspoon fresh pepper**, and **6 tablespoons oil**. Transfer **3 tablespoons dressing** to a small bowl, reserve for step 6. Add **cannellini beans** to **remaining lemon dressing** in large bowl. Toss gently to combine.

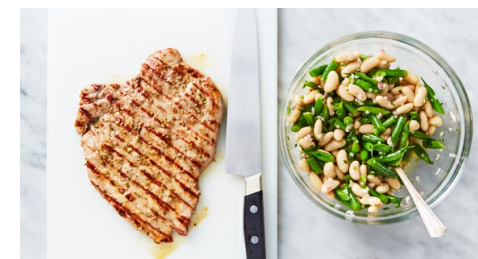


5. Cook green beans

Return **salted water** to a boil. Add **green beans**, then cook until crisp-tender, about 4 minutes. Drain, rinse with cold water, and drain again. Pat dry with paper towels. Add green beans and **half of the parsley** to **cannellini beans**. Toss gently to combine. Season to taste with **salt** and **pepper**.

3. Prep vegetables

Trim ends from **green beans**; cut crosswise into 1-inch pieces. Trim ends from **shallots**, then halve, peel, and finely chop. Rinse and drain **cannellini beans**. Squeeze **⅓ cup lemon juice**. Finely chop **parsley leaves and stems**.



6. Grill pork

Heat a grill pan or skillet over medium-high. Add **pork** to grill or pan. Cook until lightly charred on 1 side, 5 minutes. Flip, cook 1–2 minutes more, or until just cooked through. Transfer to cutting board to rest 5 minutes; thinly slice across the grain. Serve with **bean salad**; drizzle pork with **reserved dressing** and sprinkle with **remaining parsley**. Enjoy!