



DINNERLY



LOW CARB

LOW CALORIE

Sesame Pork Tenderloin Green Beans & Creamy Miso Dressing

 20-30min  2 Servings

This dish hits all the right flavor notes, while also happening to be pretty pretty good for you. It's low carb and low cal, but high satisfaction! Juicy pork tenderloin is coated in crispy sesame seeds for a nutty flavor. The miso dressing is so good you might want to make a really big batch and drink it in a cup. We've got you covered!

WHAT WE SEND

- green beans
- pork tenderloin
- white miso ^{1,6}
- sour cream ⁷
- garlic
- toasted sesame seeds ¹¹

WHAT YOU NEED

- apple cider vinegar
- kosher salt & ground pepper

TOOLS

- meat mallet (or heavy skillet)
- skillet

ALLERGENS

Wheat (1), Soy (6), Milk (7), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 440kcal, Fat 29g, Carbs 11g, Proteins 32g



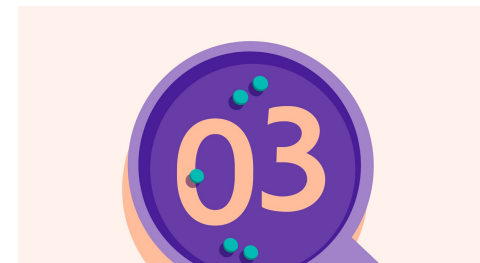
1. Make creamy miso

Peel and finely chop **1 teaspoon garlic**. In a medium bowl, combine **sour cream, miso, ½ teaspoon of the garlic, 2 teaspoons vinegar, and 1 tablespoon each water and oil**. Whisk until smooth, then season to taste with **pepper**.



2. Prep green beans & pork

Trim ends from **green beans**. Pat **pork** dry. Using a sharp knife, cut each piece of pork tenderloin horizontally (parallel to cutting board) almost completely in half. Open up like a book, and pound, using a meat mallet or heavy skillet, to an even ¼-inch thickness.



3. Season pork

Rub **pork** lightly with **oil**, then season all over with ½ **teaspoon salt** and **a few grinds pepper**. In a small bowl, combine **1 tablespoon sesame seeds** and **1 teaspoon oil**. Spoon sesame seeds onto one side of each piece of pork, patting to help seeds adhere.



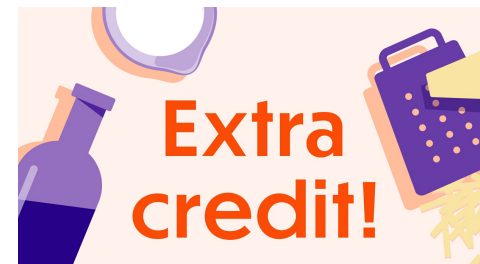
4. Brown pork

Heat **2 teaspoons oil** in a medium skillet over medium-high. Add **pork** to skillet, sesame seed side-up. Cook until lightly browned, about 3 minutes. Flip pork, reduce heat to medium, and cook until lightly browned, 1–2 minutes. Transfer to a plate. Scrape any remaining sesame seeds over pork. Return skillet to stove.



5. Cook green beans & serve

Heat **1 tablespoon oil** in same skillet over medium. Add **green beans** and **a pinch each salt and pepper**. Cook until crisp-tender, 5–6 minutes, adding **1–2 tablespoons water** if browning too quickly. Add **remaining garlic**; cook until fragrant, about 30 seconds. Season to taste with **salt and pepper**. Serve **pork** and **green beans** with **creamy miso dressing**. Enjoy!



6. Make it picky eater proof

One of the best things about this dish, aside from the flavor and ease of cooking, is that picky eaters who maybe don't love sauces or the flavor of miso can choose to not use it. Picky palates can sub in soy sauce, teriyaki, or even a garlicky mayo on the side if that's more their thing!