

# DINNERLY



## Za'atar-Rubbed Pork Tenderloin with Israeli Couscous, Feta & Spinach



20-30min



4 Servings

Buckle your seatbelts because we're taking weeknight dinner on an intense flavor rollercoaster. In this dish, we take the zesty power of za'atar spice and rub it all over a juicy pork tenderloin, then pan-sear it to perfection. Pair this with the nutty notes of Israeli couscous mixed with creamy feta, slightly wilted spinach, and a light dressing over top to round. We've got you covered!

#### WHAT WE SEND

- za'atar spice blend <sup>11</sup>
- pork tenderloin
- garlic
- feta <sup>7</sup>
- baby spinach
- israeli couscous <sup>1</sup>

#### WHAT YOU NEED

- all-purpose flour <sup>1</sup>
- kosher salt & ground pepper
- olive oil
- red wine vinegar

#### TOOLS

- pot

#### ALLERGENS

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

#### NUTRITION PER SERVING

Calories 590kcal, Fat 30g, Carbs 42g, Proteins 38g



#### 1. Prep ingredients

Peel and finely chop **1 tablespoon garlic**. Pat **pork** dry, then rub all over with **oil**. Season pork all over with **salt, pepper**, and **4½ tablespoons of the za'atar spice blend**, pressing to help the seasoning adhere. Put **¼ cup flour** on a plate and dredge all sides of pork, tapping to remove any excess flour.



#### 2. Cook pork

Heat **2 tablespoons oil** in a heavy, medium skillet over medium-high. Add **pork** and reduce heat to medium. Cook, covered, turning occasionally, until well browned on all sides and a meat thermometer measures 145°F internally, 12–15 minutes. Transfer to a cutting board to rest.



#### 3. Cook couscous

Meanwhile, heat **2 teaspoons oil** in a medium pot over medium-high. Add **couscous**; cook, stirring, until golden brown, about 3 minutes. Add **2 teaspoons chopped garlic**; cook 30 seconds. Add **1½ cups water** and **1 teaspoon salt**; cover and bring to a boil. Reduce heat to low; cook until liquid is absorbed and couscous is al dente, 10–12 minutes. Cover to keep warm.



#### 4. Make dressing

In a small bowl, whisk together **remaining chopped garlic**, **¼ cup oil**, and **2 tablespoons vinegar**. Season to taste with **salt and pepper**.



#### 5. Finish & serve

Add **spinach** and **all but ⅓ of the crumbled feta** to pot with **couscous**, stirring to slightly wilt spinach; season to taste with **salt and pepper**. Thinly slice **pork**. Serve **za'atar-rubbed pork tenderloin** over **couscous**. Sprinkle with **remaining crumbled feta** and spoon **dressing** over top. Enjoy!



#### 6. Take it to the next level

Amp up the flavor even more by adding thinly sliced cucumbers, chopped dill, a splash of lemon juice, or even chopped sun-dried tomatoes to your Israeli couscous!