



DINNERLY



LOW CARB

LOW CALORIE

Barbecue Pork Tenderloin with Buttery Corn & Grilled Broccoli

 20-30min  2 Servings

Did you ever watch a movie and the sidekick was so charming, they kind of stole the show from the main character? The broccoli in this dish does just that here. (Sorry, pork.) When you grill broccoli, something magical happens: It gets charred and crispy in places, making it so sweet and irresistible, it's practically picky eater proof. We've got you covered!

WHAT WE SEND

- pork tenderloin
- BBQ spice blend
- corn
- broccoli crowns
- garlic

WHAT YOU NEED

- apple cider vinegar
- kosher salt & ground pepper
- sugar

TOOLS

- microplane or grater
- skillet

ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 430kcal, Fat 24g, Carbs 25g, Proteins 33g



1. Prep ingredients

Trim end from **broccoli**, then cut into 1-inch florets. In a medium bowl, toss broccoli with **1 tablespoon water**, **½ teaspoon salt**, and **a few grinds pepper**.



2. Make barbecue glaze

Preheat a grill or grill pan to high. Peel and finely grate **¼ teaspoon garlic** into a small bowl. Stir in **2 teaspoons BBQ spice**, **2 tablespoons oil**, **1 teaspoon vinegar**, **1 teaspoon sugar**, and **a pinch each salt and pepper**; set aside.



3. Grill pork & broccoli

Reduce grill heat to medium. Add **pork** and grill until deeply browned underneath, 4–5 minutes. Flip pork, push to one side, and brush **half of the barbecue glaze** over top. Add **broccoli** and grill until charred in spots and tender, 3–4 minutes. Grill pork until an instant-read thermometer inserted in thickest part reads 145°F, 6–7 minutes.



4. Sauté buttery corn

Melt **1 tablespoon butter** in a small skillet over medium-high. Add **corn** and cook until golden and tender, 2 minutes; season to taste with **salt and pepper**.



5. Serve

Thinly slice **barbecue pork tenderloin**, then brush with **remaining barbecue glaze**. Serve **grilled broccoli** and **buttery corn** alongside. Enjoy!



6. No grill, no problem!

Preheat oven to 425°F with a rack in center. Pat pork dry; season with salt and pepper. Place on a rimmed baking sheet and roast until browned underneath, 6–7 minutes. Flip pork; push to once side and brush half of the glaze on top. Add broccoli; toss with 1 tablespoon oil. Roast until pork reaches 145°F and broccoli is browned, 9–11 minutes.