



NO ADDED GLUTEN

BBQ Pork Tenderloin

with Green Beans & Tangy Potato Salad



20-30min



2 Servings

The ultimate late summer plate. Tender pork tenderloin is glazed in a sweet and tangy barbecue sauce that caramelizes creating a sticky, super flavorful coating. Served with a Yukon gold potato salad studded with pickled shallots and fresh parsley, all coated in a tangy mustard dressing.

What we send

- fresh parsley
- green beans
- whole grain mustard ¹⁷
- barbecue sauce
- pork tenderloin
- Yukon gold potatoes
- shallot
- celery

What you need

- kosher salt & ground pepper
- olive oil
- red wine vinegar
- sugar

Tools

- colander
- ovenproof skillet
- saucepan

Allergens

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 650kcal, Fat 29g, Carbs 67g, Proteins 35g



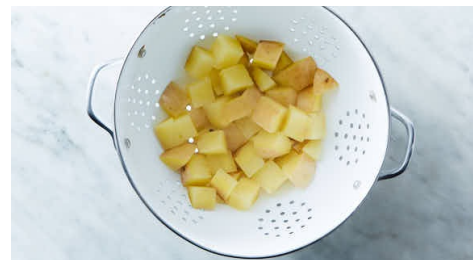
1. Pickle shallots

Preheat oven to 450°F with a rack in the upper third. Peel **half of the shallot** (save rest for own use), then finely chop. In a medium bowl, combine **1½ tablespoons vinegar, 1½ teaspoons water, ½ teaspoon sugar, and a generous pinch each salt and pepper**, whisking until sugar dissolves. Stir in chopped shallots.



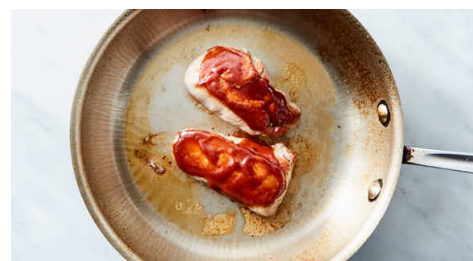
4. Cook green beans

Trim and discard ends from **green beans**. Heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Transfer green beans to skillet, then season with **a pinch each salt and pepper**. Cook, stirring occasionally, until crisp-tender and browned in spots, 4-6 minutes. Transfer to a bowl and cover to keep warm. Return skillet to stove top.



2. Cook potatoes

Scrub **potatoes**, then cut into 1-inch pieces. Transfer to a medium saucepan, then add water to cover by ½ inch. Season with **1 tablespoon salt**. Cover and bring to a boil. Uncover and cook until fork tender, 3-4 minutes. Drain well.



5. Brown pork

Heat **2 teaspoons oil** in same skillet over medium-high. Transfer **pork** to skillet and cook until browned on one side, 2-3 minutes. Flip pork, then spoon **barbecue sauce** over top.



3. Assemble potato salad

While **potatoes** cook, trim and discard ends from **celery**, then thinly slice. Finely chop **parsley leaves and stems**. Add **mustard** and **2 tablespoons oil** to bowl with **pickled shallots**, stirring to combine. Transfer **potatoes**, celery, and ⅔ of the chopped parsley to same bowl, stirring gently to combine.



6. Finish & serve

Transfer skillet to upper oven rack, then roast until **pork** is firm to the touch and slightly pink in center, 6-8 minutes. Season **potato salad** with **salt and pepper**. Serve **BBQ pork tenderloin** and **green beans** with **potato salad**, garnishing with **remaining parsley**. Enjoy!