



In your box

- 8 oz. Carrot
- 8 oz. Brussels Sprouts
- 1 Tbsp. Smokehouse Maple Seasoning
- .96 fl. oz. Pure Maple Syrup
- ½ oz. Dijon Mustard
- 2 tsp. Chicken Base

Customize It Options

- 14 oz. Pork Tenderloin
- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Boneless Pork Chops
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts



Staff Pick

Maple-Glazed Pork Tenderloin

with Brussels sprouts

NUTRITION per serving—Calories: 444, Carbohydrates: 28g, Fat: 17g, Protein: 46g, Sodium: 1489mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients
**Nutritional information may vary if you selected an alternative protein as your customized option*

Prep & Cook Time
35-45 min.

Cook Within
6 days

Difficulty Level
Intermediate

Spice Level
Not Spicy

① You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, Medium Non-Stick Pan

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Preheat oven to **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray



1

Prepare the Ingredients

- Peel, trim, and cut **carrot** into ¼" slices on an angle.
- Trim bottoms off **Brussels sprouts** and halve. Slice halves very thinly.
- Pat **pork tenderloin** dry, and season all over with a pinch of **pepper**.



2

Sear the Pork

- Heat 2 tsp. **olive oil** in a medium non-stick pan over medium-high heat.
- Add **pork tenderloin** to hot pan and sear on two sides until browned, 3-4 minutes per side.
- *If using chicken, follow same instructions until browned, 2-3 minutes per side. If using pork chops, follow same instructions until browned, 4-6 minutes per side.*
- Remove from burner. *Pork will finish cooking in a later step.*
- While pork sears, roast vegetables.



3

Roast the Vegetables and Pork

- Add **carrot** and **Brussels sprouts** to prepared baking sheet. Toss with 2 tsp. **olive oil**, a pinch of **salt**, and ¼ tsp. **pepper**. Spread into a single layer. Roast in hot oven, 12 minutes.
- Add **pork** to baking sheet and sprinkle with **seasoning blend**. Reserve pan; no need to wipe clean. Roast until vegetables are tender and pork reaches a minimum internal temperature of 145 degrees, 13-16 minutes.
- *If using chicken, follow same instructions until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes. If using pork chops, follow same instructions until pork reaches a minimum internal temperature of 145 degrees, 5-7 minutes.*
- While pork rests, make sauce.



4

Make the Sauce

- Return pan used to sear tenderloin to medium heat.
- Add ¼ cup **water**, **maple syrup**, **Dijon**, and **chicken base** to hot pan and stir until incorporated. Bring to a simmer.
- Once simmering, stir often until sauce is the consistency of a light syrup, 4-5 minutes.
- Remove from burner.



5

Finish the Dish

- Transfer cooked **pork tenderloin** to a clean cutting board and rest at least 5 minutes. Once rested, slice into ½" pieces.
- Plate dish as pictured on front of card, drizzling **sauce** over pork. Bon appétit!