



# SEARED PORK TENDERLOIN

with Applesauce and Roasted Green Beans

PREP: 15 MIN  
TOTAL: 40 MIN

LEVEL 1

NUT FREE

GLUTEN FREE



## INGREDIENTS:

- Baby New White Potatoes
- Green Beans
- Lemons
- Gala Apples
- Pork Tenderloin
- Applesauce Spice Blend
- Parsley

## FOR 4 PEOPLE:

24 oz  
12 oz  
2  
3  
24 oz  
2 tsp  
½ oz

## HELLO HOMEMADE APPLESAUCE

So simple and flavorful, you'll ditch the store-bought kind

## NUTRITION PER SERVING

523 cal | Fat: 13 g | Sat. Fat: 5 g | Protein: 43 g | Carbs: 60 g | Sugar: 22 g | Sodium: 121 mg | Fiber: 12 g

## START STRONG

**Don't let those delicious apple peels go to waste!** Munch on them as a snack while cooking or save them for later to toss into stocks or soups.



## BUST OUT

- Zester
- 2 Baking sheets
- Medium pot
- Oil (1 TBSP)
- Butter (2 TBSP) (Contains: Milk)
- Peeler
- Large pan
- Potato masher
- Sugar (1 TBSP)

### 1 PREHEAT AND PREP

**Wash and dry all produce.**

Preheat oven to 425 degrees. Halve **potatoes**. Trim **green beans**. Zest then halve **lemons**. Peel and core **apples**, then dice into small cubes.

### 2 ROAST POTATOES AND SEAR PORK

Toss **potatoes** on a baking sheet with a drizzle of **oil** and a pinch of **salt** and **pepper**. Roast until golden brown, 20-25 minutes. Heat a drizzle of **oil** in a large pan over medium-high heat. Season **pork** on all sides with **salt** and **pepper**.

### 3 ROAST PORK AND GREEN BEANS

Sear **pork** in pan until browned, 3-4 minutes per side. Place on another baking sheet. Toss **green beans** onto same baking sheet with a drizzle of **oil** and a pinch of **salt** and **pepper**. Roast until **pork** reaches desired doneness and **green beans** are tender, about 15 minutes. Set aside to rest.



### 4 COOK APPLES

Meanwhile, melt **butter** in a medium pot over medium heat. Add **apples** and **sugar**, and toss to coat. Squeeze in **juice** of half a **lemon**. Season with **applesauce spice blend** and a pinch of **salt**. Add enough **water** to reach halfway up **apples**. Bring to a boil and cook until soft, about 15 minutes.

### 5 MAKE APPLESAUCE

Mash **apples** with a fork or potato masher until smooth. Taste and adjust with **salt** and **lemon juice**.

### 6 FINISH AND PLATE

Finely chop **parsley**. Toss **green beans** with **lemon zest** and squeeze **lemon juice** over (to taste). Slice **pork** and serve with **green beans** and **potatoes** alongside. Spoon **applesauce** over **pork** and garnish with **parsley**.

### PERFECTION!

Recreate the autumnal applesauce spice blend with equal parts cinnamon, ginger, and cardamom.

