



Carb Smart BBQ-Rubbed Pork Tenderloin with Salad and Roasted Broccoli

Carb Smart

30 Minutes



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Pork Tenderloin



Broccoli, florets



BBQ Seasoning



BBQ Sauce



Baby Spinach



Shallot



White Wine Vinegar



Roma Tomato

HELLO BBQ SEASONING

This spice is the perfect blend of sweet, savoury and smoky!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Baking sheet, measuring spoons, silicone brush, large bowl, parchment paper, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Tenderloin	340 g	680 g
Broccoli, florets	227 g	454 g
BBQ Seasoning	1 tbsp	2 tbsp
BBQ Sauce	4 tbsp	4 tbsp
Baby Spinach	56 g	113 g
Shallot	50 g	100 g
White Wine Vinegar	1 tbsp	2 tbsp
Roma Tomato	95 g	190 g
Sugar*	¼ tsp	½ tsp
Oil*		

Salt and Pepper*

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F, as size may vary.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



Prep broccoli

- Cut **broccoli** into bite-sized pieces.
- Add **broccoli** and **1 tbsp** (2 tbsp) **oil** to one side of a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. Set aside.



Cook pork and broccoli

- Pat **pork** dry with paper towels. Season with **BBQ Seasoning** and **salt**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **pork**. Sear, turning occasionally, until golden-brown, 6-8 min.
- Transfer **pork** to the other side of baking sheet with **broccoli**.
- Brush **half the BBQ sauce** over **pork**.
- Roast **pork** and **broccoli** in the **middle** of the oven, until **broccoli** is tender and **pork** is cooked through, 18-22 min.**



Prep remaining ingredients

- Meanwhile, peel, then thinly slice **shallot**.
- Cut **tomato** into ¼-inch pieces.



Marinate shallots

- Add **vinegar**, **2 tbsp** (4 tbsp) **oil** and **¼ tsp** (½ tsp) **sugar** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **shallots**, then toss to coat.



Toss salad

- When **pork** is almost done, add **spinach** and **tomatoes** to the large bowl with **shallots**. Toss to combine.



Finish and serve

- Slice **pork**.
- Divide **pork**, **salad** and **broccoli** between plates.
- Serve **remaining BBQ sauce** on the side for dipping.

Dinner Solved!



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