

Carb Smart BBQ-Rubbed Pork Tenderloin

with Salad and Roasted Broccoli

Carb Smart

30 Minutes







Pork Tenderloin

Broccoli, florets





BBQ Seasoning





Shallot

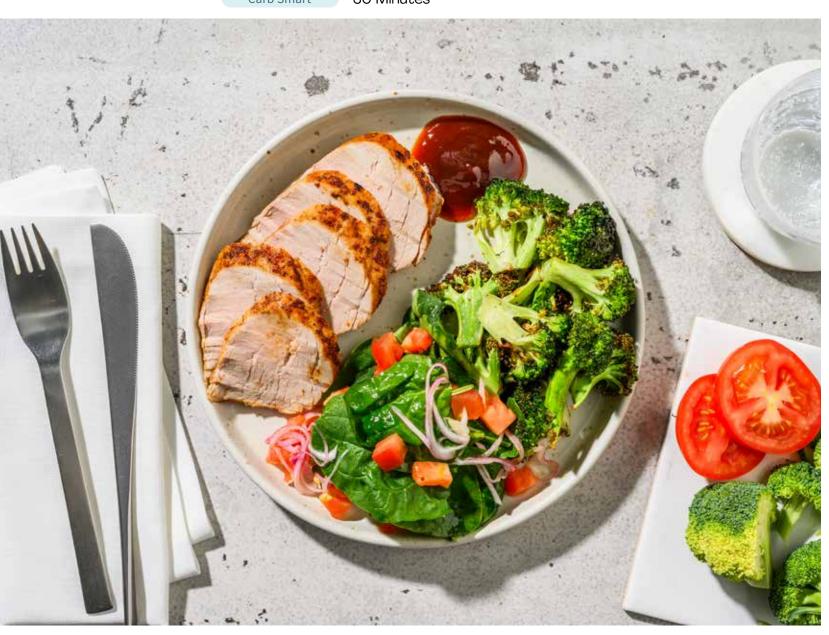
Baby Spinach





White Wine Vinegar

Roma Tomato



Start here

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

Measurements , 1 tbsp (2 tbsp), within steps

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*	1/4 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 mediumhigh heat.
- When hot, add 1 tbsp (2 tbsp) oil, then pork. Sear, turning occasionally, until goldenbrown, 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.**



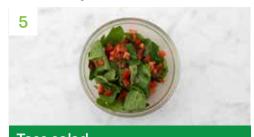
Prep remaining ingredients

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



Marinate shallots

- Add vinegar, 2 tbsp (4 tbsp) oil and 1/4 tsp (1/2 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!