



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

Carb Smart

30 Minutes



Pork Tenderloin



Cauliflower, florets



BBQ Seasoning



BBQ Sauce



Baby Spinach



Shallot



Mini Cucumber



White Wine Vinegar



Roma Tomato



Garlic Salt

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.

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
Cauliflower, florets	285 g	570 g
BBQ Seasoning	1 tbsp	2 tbsp
BBQ Sauce	2 tbsp	4 tbsp
Baby Spinach	56 g	113 g
Shallot	50 g	100 g
Mini Cucumber	66 g	132 g
White Wine Vinegar	1 tbsp	2 tbsp
Roma Tomato	80 g	160 g
Garlic Salt	1 tsp	2 tsp
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.

Contact

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Prep cauliflower

- Cut **cauliflower** into bite-sized pieces.
- Add **cauliflower**, **half the garlic salt** and **1 tbsp oil** (dbl for 4 ppl) to one side of a parchment-lined baking sheet. Season with **pepper**, then toss to coat.
- Set aside.



Marinate shallots

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



Cook pork and cauliflower

- Pat **pork** dry with paper towels. Season with **BBQ Seasoning** and **remaining garlic salt**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **pork**. Sear, turning occasionally, until golden-brown, 6-8 min.
- Transfer **pork** to the other side of baking sheet with **cauliflower**.
- Brush **half the BBQ sauce** over **pork**.
- Roast **pork** and **cauliflower** in the **middle** of the oven until **cauliflower** is tender and **pork** is cooked through, 18-22 min. **



Toss salad

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



Prep remaining ingredients

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



Finish and serve

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

Dinner Solved!