

Pan-Roasted Pork Tenderloin

*with Brown Butter-Spaetzle, Roasted Brussels Sprouts
& Granny Smith Apple*

Spaetzle, a classic German and Alsatian dish, is often described as a cross between a noodle and a dumpling. It's made by pushing a doughy batter through the large holes of a strainer. In this recipe, we coat the spaetzle in a toasty brown butter before pairing it with roasted Brussels sprouts and bright, crisp Granny Smith apple.



Ingredients

- 8 Ounces Brussels Sprouts
- 2 6-Ounce Pork Tenderloins
- 2 Cloves Garlic
- 1 Slice Bacon
- 1 Bunch Thyme
- 1 Bunch Parsley
- 1 Granny Smith Apple
- 1 Shallot
- 5 Ounces Dried Spaetzle
- 2 Tablespoons Butter
- 1 Tablespoon Apple Cider Vinegar

Makes 2 Servings
About 700 Calories Per Serving



Instructions



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Take the pork out of the refrigerator to bring to room temperature. Peel, core, and dice the apple, then top it with a splash of **apple cider vinegar** to prevent browning. Cut the Brussels sprouts in half. Cut the bacon into small pieces. Peel and mince the garlic and shallot. Pick the thyme and parsley leaves off the stem, then roughly chop just the thyme leaves.



Cook the spaetzle:

When the water comes to a boil, add the **spaetzle**; cook for 15 to 20 minutes, or until tender. Drain thoroughly and rinse with cold water. Set aside.



Render the bacon & roast the Brussels sprouts:

In a medium pan (nonstick, if you have one), cook the **bacon** on medium-high heat for 6 to 7 minutes, or until browned and crispy, stirring occasionally. With a slotted spoon, transfer the cooked bacon to a paper-towel-lined plate, leaving the fat in the pan. Add the **Brussels sprouts** and **apple** to the still-hot bacon fat and season with salt and pepper. Toss to coat thoroughly, adding a little more olive oil if the pan is too dry. Transfer the mixture to a baking sheet and wipe out the pan. Roast the Brussels sprouts and apple in the oven for 9 to 11 minutes, or until browned and caramelized,



Cook the pork:

While the Brussels sprouts and apple roast, cook the pork. Season the **pork** with salt and pepper on all sides. In the same pan used for the Brussels sprouts, heat about 2 teaspoons of olive oil on medium until hot. Add the **pork** and cook 8 to 10 minutes per side, or until browned and cooked through. (Loosely cover the pan with aluminum foil to help the pork cook through faster.) Transfer the pork to a plate, leaving any juices in the pan. Loosely cover the plate with aluminum foil to keep warm.



Finish the spaetzle:

Rinse the **spaetzle** once more to loosen it. Add the **butter** to the pan used for the pork. Cook on medium-high heat 1 to 2 minutes, or until the bubbles subside and the butter smells nutty, stirring frequently. As soon as the butter becomes light amber brown, add the **garlic**, **shallot**, and **thyme** and cook 5 to 10 seconds, or until combined. Add the **spaetzle**. Season with salt and pepper and cook 6 to 8 minutes, or until the spaetzle is browned and crispy, stirring occasionally and scraping the spaetzle off the bottom as necessary. Remove from the heat and stir in **any juices on the plate from resting the pork**.



Finish the Brussels sprouts & plate your dish:

Add the **crispy bacon**, **apple cider vinegar**, and a **drizzle of olive oil** to the roasted Brussels sprouts and apple. Season with salt and pepper to taste. Roughly chop **half the parsley leaves** and add them to the Brussels sprout mixture, stirring to combine. Find the grain, or lines in the muscle of the cooked pork and slice the meat crosswise against the grain into ½-inch-thick pieces. Divide the spaetzle and Brussels sprout mixture between 2 plates. Place the pork slices on top of the spaetzle. Garnish with the **remaining parsley leaves**. Enjoy!