



SPOTLIGHT RECIPE

# BALSAMIC-GLAZED FIG AND BLUEBERRIES PORK TENDERLOIN WITH SWEET POTATO PUREE

This elegant dish combines succulent pork tenderloin with a vibrant, sweet-and-savory fruit glaze, served over a silky sweet potato puree, offering “bursts of flavor” and a light floral note.

SERVES 6



For ingredients and cooking directions, please scan the QR code.

## SPOTLIGHT RECIPE

# BALSAMIC-GLAZED FIG AND BLUEBERRIES PORK TENDERLOIN WITH SWEET POTATO PUREE

### INGREDIENTS

- 2 1/2 pounds pork tenderloin
- 4 cloves garlic, minced
- 1/2 teaspoon salt
- 1 teaspoon black pepper
- 2 tablespoons olive oil
- 1 tablespoon oil
- 2 shallots, minced
- 3/4 cup balsamic vinegar
- 1 cup fig, diced
- 1 cup blueberries
- 2 teaspoons rosemary, chopped
- 3 pounds sweet potatoes, peeled and cubed
- 1 quart water
- 1/2 cup heavy cream
- 5 tablespoons unsalted butter

### DIRECTIONS

Preheat the oven to 350 F.

Season the pork tenderloin with the garlic, salt and pepper. In a pan, add the oil to high heat and sear the pork on all sides for 2 minutes. Transfer the pork to a roasting pan and bake for 20 to 22 minutes until the internal temperature hits 145 F.

In a saucepan, heat the oil and sauté the shallots until soft. Add the balsamic vinegar, fig, blueberries and rosemary, and simmer over low heat for 10 to 12 minutes. The sauce should become syrupy and thick.

In a pot, add the water, bring it to a boil and add the sweet potato. Cook for 20 minutes or until soft. Drain well, add the potato to a blender and then add the cream and butter until smooth. Set aside for service.

