Paprika Pork Tenderloin with Creamy Butter Beans

4 portions of sliced pork with creamy butter beans | Active 20 min | Cook 30 min | Total 45 min

Ingredients

- 1 1/2 lb pork tenderloin, silverskin trimmed (680 g edible meat)
- 1 tablespoon olive oil (15 ml), divided
- 2 teaspoons sweet paprika (4 g)
- 1/2 teaspoon fine salt (3 g), divided
- 1/2 teaspoon ground black pepper (1 g), divided
- 1 small onion, finely diced (100 g)
- 2 garlic cloves, minced (6 g)
- 3 cups canned butter beans, drained and rinsed (500 g)
- 3/4 cup reduced-sodium chicken broth (180 ml)
- 1/3 cup light cream, about 18–20% fat (80 ml)
- 2 teaspoons Dijon mustard (10 g)
- 2 tablespoons chopped fresh parsley (8 g)

Set out

Large ovenproof skillet, Medium saucepan, Small sharp knife, Tongs, Food thermometer

Allergens

Milk, Mustard; check broth label for additional allergens. Check labels and substitutions.

Make it

1. Heat oven to 400°F/200°C. Pat pork dry, tuck any thin tail underneath, and rub with paprika, half the salt and half the black pepper.

2. Heat 2 teaspoons oil in the ovenproof skillet over medium-high heat. Sear pork for 4–5 minutes, turning to color all sides. Transfer skillet to the oven and roast for 12–18 minutes, until the thickest part reaches 145°F/63°C. Rest on a clean board for at least 3 minutes; allow 5 minutes while finishing beans.

3. Meanwhile, heat the remaining 1 teaspoon oil in the saucepan over medium heat. Cook onion for 6–7 minutes until soft; add garlic and stir for 30 seconds.

4. Add beans, broth, remaining salt and pepper. Simmer gently for 6–8 minutes. Mash about 2 tablespoons of beans against the pan with a spoon, then stir in cream and mustard. Heat gently for 2 minutes without a vigorous boil. Stir in parsley.

5. Slice rested pork across the grain. Divide beans and sauce among four plates and arrange one quarter of the pork over each.

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Estimated nutrition per serving

Calories: 375 kcal | Protein: 43.7 g | Carbohydrate: 23.3 g | Fat: 11.4 g | Fiber: 7.0 g. One of 4 servings. Batch yield: 4 portions of sliced pork with creamy butter beans. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

Save a portion without drying it out

For a planned second meal, store sliced pork with a spoonful of bean sauce covering the cut faces. Reheat covered and gently until it reaches the safe leftover temperature. Keeping the sauce loose helps the meal recover its intended texture after a day in the refrigerator.

A useful detail

A single very large tenderloin may take longer than two smaller ones of the same total weight. Check the thickest part of each piece, and keep the skillet handle covered once it leaves the oven.

Another way

Use 500 g drained cannellini beans instead of butter beans; handle gently because they may be softer.

Replace parsley with 1 tablespoon chopped fresh tarragon for a different finish.

Keep it well

Refrigerate pork and beans in shallow containers within 2 hours, or 1 hour above 90°F/32°C. Keep at 40°F/4°C or below for up to 3 days. Reheat to 165°F/74°C, adding a small amount of water to loosen the bean sauce. Avoid repeated reheating; warm only the portions needed.