**Pork Roast Night Bowl**

This bowl brings Sunday supper vibes to any night of the week. Herby roasted pork tenderloin, cider-braised cabbage, chunky stewed apples, and roasted root veg draped in silky Caramelized Onion Bitchin’ Sauce. Cozy meets fancy — your grandma would approve.

**Prep Time:** 20 minutes

**Cook Time:** 40 minutes  
**Serves:** 3-4

**Calories:** Approximately 600-650 calories per serving

### **Ingredients**

* 1 herby pork tenderloin\*
* 1 sweet potato
* 1 turnip or parsnip
* ½ cup braised cider cabbage\*
* ¼ cup chunky stewed apples\*

**Saucy Superstar**

* ¼ cup Caramelized Onion Bitchin’ Sauce

### **Instructions**

1. **Roast your roots**:  
    Cube the sweet potato and turnip, toss in avocado, grapeseed, or olive oil, and sprinkle with flaky salt. Roast on a parchment-lined sheet at **400°F for 15–20 minutes**, or until golden and tender.
2. **Make the pork**:  
    While the veggies are roasting, prepare and cook the tenderloin (instructions below).
3. **Stew your apples + braise that cabbage**:  
    Get those simmering and saucy on the stove. (recipes on our site!)
4. **Assemble your bowl**:  
    Start with a base of roasted root veg. Add a big scoop of Caramelized Onion Bitchin’ Sauce right in the middle. On one side, spoon in the stewed apples; on the other, the braised cabbage. Finish it off with 3 juicy medallions of pork right on top. A wee dollop of sauce right on the medallions for extra sauciness never hurt anybody! Dive in!

### ***Herby Pork Tenderloin***

* 1–2 lb pork tenderloin
* Fresh savory, rosemary, parsley, sage, oregano (about 2 Tablespoon each)
* 2 cloves garlic
* 1/2 tablespoon flaky salt
* ¼ cup whole grain Dijon mustard

Finely chop herbs (removing stems) and garlic with the salt. Slather tenderloin with mustard, then roll in the herb mixture. Bake in a glass dish at **400°F for 25–30 minutes**, or until internal temp reaches 165°F. Let rest 10 minutes, then slice into ½-inch medallions.

### ***Braised Cider Cabbage***

* ¼–½ head cabbage, finely shredded
* 1 tablespoon butter
* 2 tablespoon apple cider vinegar
* 1/2 tablespoon flaky salt
* 1 tablespoon caraway seeds
* ¼ cup apple cider

Sauté all ingredients in a pan over medium heat until softened and flavorful, about **10–12 minutes**. Remove from heat.

### ***Chunky Stewed Apples***

* 1 large apple, chopped
* 1 cinnamon stick
* 1 teaspoon flaky salt
* ¼ c water

Simmer apple chunks with the cinnamon stick, water and salt over medium heat for **10 minutes**, or until rustic and soft. Add extra water 1 T at a time as needed to avoid scorching.