



KALE CAESAR SALAD WITH PORK

Red beets & radishes, Swiss cheese, sunflower seeds

COOK TIME 30 MIN	SERVINGS 2	CALORIES PER SERVING 500	NET CARBS PER SERVING 15 GRAMS	MENU KETO // GLUTEN-FREE
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The classic Caesar salad goes keto. Pork tenderloins are seasoned with a dill, garlic, and onion spice blend, then pan-seared and roasted. They're served over a bed of crisp kale strewn with roasted beets, radishes, and sunflower seeds. A creamy lemon-Dijon sauce, plus a sprinkling of Swiss cheese, give the dish rich, creamy notes throughout.

INGREDIENTS (8 ITEMS)


- 2 (5 oz) **Pork tenderloins**
- 2 ½ tsp **Dill, garlic & onion spice blend**
- 4 oz **Green kale***
- 5 oz **Red beets**
- 2 oz **Radishes**
- ¼ cup **Swiss cheese** D
- ½ tbsps **Sunflower seeds**
- ¼ cup **Creamy lemon-Dijon sauce** T E

WHAT YOU'LL NEED

- medium oven-safe sauté pan
- baking sheet
- mixing bowls
- measuring spoons
- thermometer
- oven mitt

ALLERGENS

- D DAIRY
- T TREE NUT
- E EGG

 Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Food Service (GFFS) program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce is organic unless otherwise labeled.

*You may receive a different color variety of this ingredient.

Wash and dry fresh produce. Wash hands and surfaces after handling raw pork. Consuming raw or undercooked pork can be harmful to your health. Go to help.greenchef.com for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at help@greenchef.com

1 SEASON PORK

- Preheat oven to 400 degrees.
- Place **pork tenderloins** in a medium bowl. Drizzle with 1-2 tablespoons cooking oil. Season with about half of the **dill, garlic, and onion spice blend**, salt, and pepper. Rub to evenly coat pork. Let rest at least 10 minutes.



2 PREP VEGGIES

- Trim ends off **radishes** and cut in half. Lay flat and slice across into about ½-inch thick half moons.
- Remove center stems from **green kale**; discard. Roughly chop leaves into bite-size pieces.



3 MESSAGE KALE

- Place **kale** in a large bowl. Drizzle with 1-2 tablespoons of the **creamy lemon-Dijon sauce**. Lightly season with salt. Massage until leaves soften.

4 ROAST BEETS & RADISHES

- Place **red beets** and **radishes** in a second large bowl. Drizzle with 1-2 tablespoons cooking oil. Season with salt, pepper, and remaining **spice blend**. Stir to evenly coat.
- Spread **beets and radishes** out in an even layer on a lightly oiled foil-lined baking sheet. Roast 14-16 minutes, or until beets are fork tender, stirring about halfway through.

See Step 6 to finish.



5 COOK PORK

- Heat about 1 ½ tablespoons cooking oil in a medium oven-safe sauté pan over medium heat. Add **pork** to hot pan. Sear 3-5 minutes on each side.
- Transfer pan to oven. Roast 8-12 minutes, or until pork is fully cooked (or to desired doneness).* (Pork tenderloins are fully cooked when internal temperature reaches 145 degrees.)
- Transfer **pork** to cutting board. Let rest at least 3 minutes.

**Careful! The pan handle will remain hot after the pan is removed from the oven. Slide a silicone pan handle cover (or a pot holder) over the handle to protect your hands.*



6 MAKE SALAD

- Transfer **roasted beets and radishes** to bowl with kale. Add **sunflower seeds** and about half of the **Swiss cheese**. Drizzle with remaining **sauce** to taste. Salt and pepper to taste. Toss to combine.

7 PLATE YOUR DISH

- Cut **pork** into 5-7 pieces each.
- Divide **kale Caesar salad** between plates. Fan **roasted pork tenderloins** over salad. Sprinkle with remaining **Swiss cheese**.
- Enjoy!

