



**GREEN
CHEF**

PORK TENDERLOINS WITH CREOLE DIJONNAISE

Braised collard greens, squash & bell pepper

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

480

MENU

PALEO // GLUTEN-FREE

A colorful dish inspired by Southern flavors.

Pork tenderloins are dusted with Memphis-style barbecue spices (featuring paprika, cumin, and chili powder), then pan-seared and finished in the oven. They're served over braised collard greens, yellow squash, and red bell pepper. A Creole Dijonnaise, drizzled over top, finishes the dish with creamy and tangy notes.

INGREDIENTS (7 ITEMS)

2 (5 oz) **Pork tenderloins**
 ¼ cup **Creole Dijonnaise** **E**
 1 tsp **Memphis-style barbecue spices** **T**
 3 ½ oz **Collard greens**
 1 whole **Yellow squash***
 3 ½ oz **Red bell pepper***
 1 medium **Red onion**

WHAT YOU'LL NEED

medium oven-safe sauté pan
 large sauté pan
 measuring cup & spoons
 thermometer
 oven mitt

ALLERGENS

E EGGS
T TREE NUTS (coconut)



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 and eggs are organic unless otherwise labeled.

*You may receive different color varieties of these ingredients.

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 PREP VEGGIES

- Preheat oven to 400 degrees.
- Trim ends off **yellow squash**; discard. Halve lengthwise. Lay flat and cut across into about ½-inch thick half moons.
- Medium dice **red bell pepper** into about ½-inch pieces.
- Remove center stems from **collard greens**. Slice **stems** into about ¼-inch pieces. Roughly chop **leaves** into bite-size pieces.
- Cut ends off **red onion** and discard peel. Halve lengthwise. Lay flat and small dice into about ¼-inch pieces.*

**Chef's Tip: We recommend using the entire onion in this recipe, but feel free to use less!*



2 SEASON PORK

- Season both sides of **pork tenderloins** with **Memphis-style barbecue spices** and salt.



3 SEAR PORK

- Heat about 1 ½ tablespoons cooking oil in a medium oven-safe sauté pan over medium-high heat. Add **pork** to hot pan. Sear 3-5 minutes on each side.

4 ROAST PORK

- Transfer pan with pork to oven. Roast 8-12 minutes, or until pork is fully cooked. (Pork is 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.*



5 BRAISE VEGGIES

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium heat. Add **squash**, **bell pepper**, and **collard stems** to hot pan. Season with salt and pepper. Stir. Cook 4-5 minutes, or until squash begins to brown, stirring occasionally.
- Add **onion**. Stir. Cook about 1 minute, stirring occasionally.
- Add **collard leaves** and ½ cup water. Stir. Reduce heat to medium-low. Simmer 3-4 minutes, or until squash is fork tender and liquid has cooked off, stirring occasionally.



6 PLATE YOUR DISH

- Cut **pork** into 4-5 slices each.
- Divide **braised veggies** between plates. Top with **roasted pork tenderloin**. Drizzle **Creole Dijonnaise** over pork.
- Enjoy!

