



TOGARASHI PORK TENDERLOINS

Fried egg, stir-fried bell pepper, mushrooms & cabbage


COOK TIME 30 MIN	SERVINGS 2	CALORIES PER SERVING 440	NET CARBS PER SERVING 11 GRAMS	MENU KETO // GLUTEN-FREE
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Asian-inspired flavors star in this hearty dinner. Pork tenderloins are dusted with *shichimi togarashi* (a popular Japanese spiced seed blend), then roasted to a juicy finish. They're served alongside a savory veggie stir-fry — made here with red bell pepper, cremini mushrooms, and cabbage. A fried egg served over top gives the dish a rich and creamy finish.

- INGREDIENTS (9 ITEMS)**
- 2 (5 oz) **Pork tenderloins**
 - 1 tsp **Shichimi togarashi**
 - 2 medium **Eggs** E
 - 1 ¾ oz **Red bell pepper***
 - 4 ¼ oz **Cremini mushrooms**
 - 4 ¼ oz **Cabbage***
 - 1 medium **Yellow onion**
 - 2 tbsp **Mushroom amino sauce** T
 - 1 tbsp **Toasted sesame oil**

- WHAT YOU'LL NEED**
- medium nonstick pan
 - large sauté pan
 - baking sheet
 - measuring 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 and eggs. Consuming raw or undercooked pork or eggs may increase your risk of foodborne illness. 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.
- Cut **red bell pepper** lengthwise into about ¼-inch thick strips.
- Wipe **cremini mushrooms** clean with a damp paper towel. Remove stems, if desired. Cut into about ¼-inch thick slices.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into about ¼-inch thick strips.*

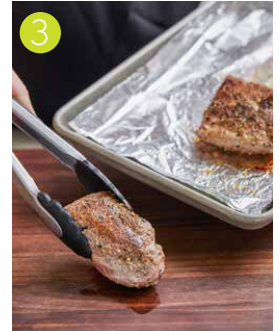
**Chef's Tip: We recommend using the entire onion in this recipe, but feel free to use less!*



2 SEASON PORK

- Pat **pork tenderloins** dry with a paper towel. Season with **shichimi togarashi**, salt, and pepper.* Rub to evenly coat.

**Heads Up: If heat sensitive, use shichimi togarashi sparingly (or omit).*



3 ROAST PORK

- Place **pork** on a lightly oiled foil-lined baking sheet. Roast 12-17 minutes, or until pork is fully cooked, flipping halfway through.*
- Transfer **pork** to cutting board. Let rest at least 3 minutes.**

**Take Note: Pork is fully cooked when internal temperature reaches 145 degrees.*

***Here's Why: Letting the pork rest undisturbed prevents the juices from escaping, ensuring that the pork stays juicy.*



4 STIR-FRY VEGGIES

- Heat **toasted sesame oil** and 1-2 teaspoons cooking oil in a large sauté pan over medium-high heat. Add **bell pepper**, **mushrooms**, and **onion** to hot pan. Season with salt and pepper. Stir to combine. Cook 3-4 minutes, or until veggies begin to soften, stirring occasionally.
- Add **cabbage**. Stir to combine. Cook 2-3 minutes, or until cabbage begins to soften, stirring occasionally.
- Reduce heat to medium. Add **mushroom amino sauce**. Stir. Cook about 1 minute, or until sauce is warmed through, stirring occasionally. Salt and pepper to taste. Remove from heat.



5 COOK EGGS

- Heat about 1 ½ tablespoons cooking oil in a medium nonstick pan over medium heat. Carefully crack **eggs** into hot pan. Cook until eggs have reached desired doneness.* Lightly season with salt and pepper.

**Use This! Use silicone or wood utensils to avoid scratching your nonstick pan.*

6 PLATE YOUR DISH

- Cut **pork** into 4-6 slices each.
- Divide **togarashi pork tenderloins** between plates. Pile **stir-fried veggies** next to pork. Serve **fried egg** over top.
- Enjoy!

