



**GREEN  
CHEF**

# PORK TENDERLOIN WITH SPICY AÏOLI

*Japanese vegetable fritters, cashew cauliflower "rice"*

## COOK TIME

35 MIN

## SERVINGS

2

## CALORIES PER SERVING

780

## NET CARBS PER SERVING

15 GRAMS

## MENU

KETO // PALEO // GLUTEN-FREE

This irresistible Asian-inspired pork dish is all about complementary textures. Juicy roasted pork tenderloin is fanned over tender cashew cauliflower "rice" and drizzled with our spicy ginger-lime aïoli, which adds a touch of creamy heat. For a crispy accent, pan-fried *okonomiyaki*—golden Japanese fritters, made here with shredded cabbage, carrots, scallion, and eggs—are served on the side.

## INGREDIENTS (9 ITEMS)

½ oz **Roasted cashews** T  
 3½ oz **Cabbage & carrots**  
 & 1 oz  
 1 whole **Scallion**  
 2 (6 oz) **Pork tenderloins\***  
 6½ oz **Cauliflower "rice"**  
 2 medium **Eggs** E  
 ¾ oz **Coconut aminos** T  
 2 tbs **Tapioca flour**  
 1¾ oz **Spicy ginger-lime aïoli** E

## WHAT YOU'LL NEED

medium oven-safe sauté pan  
 large nonstick pan  
 baking sheet  
 mixing bowls  
 measuring cup & spoons  
 whisk  
 thermometer  
 oven mitt  
 cooking oil  
 salt & pepper

## ALLERGENS

T TREE NUTS (cashews, coconut)  
E EGGS



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

\*Pork is fully cooked when internal temperature reaches 145 degrees.

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 [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.



## 1 PREP

- Preheat oven to 400 degrees.
- Roughly chop **roasted cashews** if necessary.
- Finely chop **cabbage\*** and **carrots** into rice-size pieces.\*\*
- Thinly slice **scallion**; discard root end.

*\*The ingredient you received may be a different color.*

*\*\*If you have a food processor, use the S-shaped blade to quickly chop your cabbage and carrots instead.*

COOKING FOR  
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

## 2 SEASON &amp; COOK PORK

- Pat **pork tenderloins** dry with paper towels. Season with salt and pepper.
- Heat about 1½ 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.
- Transfer pan to oven. Roast 8–12 minutes, or until pork is fully cooked.\*
- Transfer **pork** to a cutting board. Let rest at least 3 minutes.

*\*To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.*

## 3 ROAST CAULIFLOWER &amp; CASHEWS

- Place **cauliflower “rice”** and **cashews** in a medium bowl. Drizzle with about 1 tablespoon cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to coat.
- Spread **cauliflower and cashews** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 10–15 minutes, or until cauliflower is lightly browned, stirring halfway through.

## 4 MAKE FRITTER MIXTURE

- Crack **eggs** into a large bowl. Add **coconut aminos**. Whisk to combine. Add **tapioca flour**, about ¼ teaspoon salt, and about ¼ teaspoon pepper. Stir to combine. Add **cabbage and carrots** and about half of the **scallion**. Using a silicone spatula, gently fold and compress the **mixture** until cohesive, 1–2 minutes.

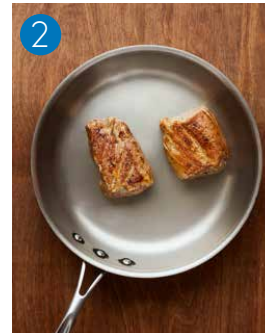
## 5 COOK FRITTERS

- Heat about 1½ tablespoons cooking oil in a large nonstick pan over medium-high heat until shimmering. Once pan is hot, add 2–3 large spoonfuls (about ¼ cup each) of the **fritter mixture**. Lightly press to flatten. Cook 3–5 minutes on each side, or until fritters are browned and crispy.
- Transfer **fritters** to a paper towel-lined plate. Cover with foil to keep warm.
- Repeat process with remaining mixture,\* making 4–6 fritters total.

*\*If the pan seems dry after cooking the first batch of fritters, add another tablespoon oil.*

## 6 PLATE YOUR DISH

- Cut **pork tenderloins** into 7–8 slices each.
- Divide **cashew cauliflower “rice”** between plates. Fan **pork tenderloins** over top. Shingle **Japanese vegetable fritters** next to cauliflower. Drizzle with **spicy ginger-lime aioli** to taste. Garnish with remaining **scallion**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (470g)

**Amount per serving**

**Calories** **780**

	% Daily Value*
<b>Total Fat</b> 58g	74%
Saturated Fat 10g	50%
Trans Fat 0g	
<b>Cholesterol</b> 360mg	120%
<b>Sodium</b> 1220mg	53%
<b>Total Carbohydrate</b> 19g	7%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein</b> 47g	
Vitamin D 0mcg	0%
Calcium 159mg	10%
Iron 4mg	20%
Potassium 531mg	10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### All ingredients in this recipe:

**Pork Tenderloin** [pork], **Coconut Aminos** [organic coconut tree sap, sea salt], **Cauliflower**, **Cashews** [cashews, canola and/or peanut and/or sunflower oil], **Spicy Ginger-Lime Aioli** (Avocado Oil Mayonnaise [avocado oil, organic certified humane free range egg yolks, water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil], Hot Sauce [water, organic red bell peppers, organic onions, organic tomatoes (organic tomato puree [water, organic tomato paste], citric acid), organic white wine vinegar, sea salt, organic garlic powder, organic cayenne, xanthan gum], Lime Juice [lime], Puréed Ginger [ginger], Garlic), **Egg**, **Green Cabbage**, **Carrots**, **Scallions**, **Tapioca Flour** [organic cassava or manioc root]

### Allergen information:

Contains Egg And Tree Nuts

*Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.*

*Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.*