



**GREEN  
CHEF**

# LEMON-HERB PORK TENDERLOIN

*cucumber & tomato salad, almonds, roasted bell pepper*

## COOK TIME

40 MIN

## SERVINGS

2

## CALORIES PER SERVING

700

## NET CARBS PER SERVING

17 GRAMS

## MENU

KETO // PALEO // GLUTEN-FREE

True to their name, these cuts of pork tenderloin stay juicy and flavorful thanks to our lemon pepper spice rub, which forms a savory crust when seared, locking in tenderness. Drizzled in our tangy roasted red pepper vinaigrette, the pork is finished in the oven with bell pepper and shallot for subtle sweetness. A refreshing cucumber and tomato salad with crunchy almonds adds a crisp accent on the side.

## INGREDIENTS (9 ITEMS)

1 unit **Red bell pepper**  
1 whole **Shallot**  
1 whole **Cucumber**  
4 oz **Grape tomatoes**  
½ oz **Sliced almonds** T  
2 (6 oz) **Pork tenderloins\***  
1¾ tsp **Lemon pepper & herb seasoning**  
2 oz **Roasted red pepper vinaigrette**  
¾ oz **Orange red-wine vinaigrette**

## WHAT YOU'LL NEED

large oven-safe sauté pan  
medium bowl  
measuring spoons  
thermometer  
oven mitt  
cooking oil  
salt & pepper

## ALLERGENS

T TREE NUTS (almonds)



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. Consuming raw or undercooked pork 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.

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## PREP

- Preheat oven to 400 degrees.
- Medium dice **red bell pepper\*** into pieces, about ½ inch each.
- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and large dice into pieces, about ¾ inch each.
- Cut ends off **cucumber**. Peel if desired. Quarter lengthwise. Lay flat and cut across into quarter-moons, about ¼ inch thick.
- Halve **grape tomatoes**.
- Roughly chop **sliced almonds**.

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

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 & SEAR PORK

- Pat **pork tenderloins** dry with paper towels. Place on a plate. Season with **lemon pepper and herb seasoning**, salt, and pepper. Drizzle with about 1 tablespoon cooking oil. Rub to coat.
- Heat about 1½ tablespoons cooking oil in a large oven-safe sauté pan over medium-high heat until shimmering. Once pan is hot, add **pork**. Sear 3-5 minutes on each side.
- Remove from heat.

3

## ROAST PORK & VEGGIES

- Drizzle **roasted red pepper vinaigrette** over **pork**.
- Add **bell pepper** and **shallot** to same pan. Drizzle with about 1 tablespoon cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Stir **veggies**.
- Transfer pan to oven. Roast 8-12 minutes, or until pork is fully cooked and veggies are fork-tender.\*
- 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.*

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## MAKE SALAD

- Place **cucumber** and **tomatoes** in a medium bowl. Drizzle with **orange red-wine vinaigrette** to taste. Lightly season with salt and pepper. Toss to combine.

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## PLATE YOUR DISH

- Cut **pork tenderloins** into 5-7 slices each.
- Divide **roasted veggies** between plates. Fan **lemon-herb pork tenderloin** on the side. Serve **cucumber and tomato salad** on the side. Sprinkle with **almonds**. Enjoy!





## Nutrition Facts

2 Servings per container

**Serving size** (515g)

**Amount per serving**

**Calories** **700**

	% Daily Value*
<b>Total Fat</b> 53g	68%
Saturated Fat 9g	45%
Trans Fat 0g	
<b>Cholesterol</b> 100mg	33%
<b>Sodium</b> 920mg	40%
<b>Total Carbohydrate</b> 22g	8%
Dietary Fiber 5g	18%
Total Sugars 9g	
Includes 1g Added Sugars	2%
<b>Protein</b> 41g	
Vitamin D 0mcg	0%
Calcium 146mg	10%
Iron 3mg	15%
Potassium 472mg	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], **Lemon Pepper & Herb Seasoning** (Granulated Garlic, Lemon-Pepper Herb Blend [lemon peel, black pepper, garlic, onion], Dried Oregano, Dried Parsley, Ground Cumin, Sea Salt), **Grape Tomatoes**, **Cucumber**, **Shallot**, **Bell Peppers**, **Roasted Red Pepper Vinaigrette** (Roasted Red Peppers [bell pepper], Agave [organic agave syrup], Apple Cider Vinegar [apple cider vinegar], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Olive Oil [olive oil], Sea Salt, Black Pepper), **Orange Red-Wine Vinaigrette** (Red Wine Vinegar [aged red wine vinegar], Orange Juice [organic orange juice], Granulated Garlic, Onion Powder, Black Pepper, Sea Salt, Olive Oil [olive oil], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices]), **Almonds** [almonds]

### Allergen information:

Contains 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.*