



PORK WITH PINEAPPLE SALSA

Coconut cauliflower "rice" with cabbage, toasted pepitas

COOK TIME 30 MIN	SERVINGS 2	CALORIES PER SERVING 680	NET CARBS PER SERVING 13 GRAMS	MENU KETO // PALEO // GLUTEN-FREE
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We love pineapple in unexpected places, which is exactly why we toss it into the fresh salsa featured in tonight's carb-conscious dinner. The tropical fruit brings a sweet, zingy kick when spooned over juicy pork tenderloins. Cauliflower "rice" sautéed with crunchy cabbage and shredded coconut makes a satisfying, nourishing base for the dish, while toasted pepitas lend a light crunch throughout.

INGREDIENTS (10 ITEMS)

- 2 ¾ oz **Pineapple**
- 1 whole **Roma tomato**
- 1 whole **Scallion**
- ½ oz **Pepitas**
- 2 ¾ oz **Cabbage**
- 2 (6 oz) **Pork tenderloins***
- 1 ½ tsp **Orange-chili spice blend**
- 1 oz **Cilantro, lime & agave dressing**
- 2 cups **Cauliflower "rice"**
- ¼ oz **Shredded coconut** T

WHAT YOU'LL NEED

- medium oven-safe sauté pan
- large sauté pan
- small bowl
- measuring cup & spoons
- thermometer
- oven mitt
- cooking & olive oils
- salt & pepper

ALLERGENS

- T TREE NUTS (coconut)

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

Validate
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 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 **pineapple** (reserve any juice in pouch).
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Thinly slice **scallion**; discard root end.
- Roughly chop **pepitas**.
- Roughly chop **cabbage*** if necessary

*Your cabbage may be a different color. Either way, this dish will still be delicious!

4 COOKING FOR

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 & COOK PORK

- Pat **pork tenderloins** dry with paper towels. Season with salt, pepper, and about half of the **orange-chili spice blend**.
- 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.
- 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.

3 MAKE PINEAPPLE SALSA

- Place **pineapple** (with any reserved **juice**), **tomato**, and **scallion** in a small bowl. Drizzle with **cilantro, lime, and agave dressing** and about 1 tablespoon olive oil. Season with salt and pepper. Stir to combine.

4 TOAST PEPITAS

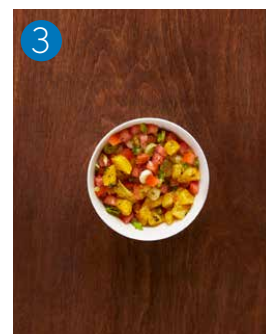
- Place **pepitas** in a dry large sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **pepitas** to a plate.

5 COOK CAULIFLOWER

- Heat about 1 ½ tablespoons cooking oil in pan used for pepitas over medium-high heat. Add **cauliflower "rice"** and **cabbage** to hot pan. Cook 3-4 minutes, or until cauliflower is lightly browned, stirring occasionally.
- Add ¼ cup water. Season with remaining **orange-chili spice blend**, about ½ teaspoon salt, and a pinch of pepper. Cook 3-4 minutes, or until cauliflower is tender, stirring occasionally.
- Remove from heat. Add **shredded coconut**. Stir to combine.

6 PLATE YOUR DISH

- Cut **pork** into 6-8 slices each.
- Divide **coconut cauliflower "rice"** between plates. Top with **orange-chili pork**. Spoon **pineapple salsa** over pork. Garnish with **toasted pepitas**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (497g)

Amount per serving

Calories **680**

	% Daily Value*
Total Fat 50g	64%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 250mg	11%
Total Carbohydrate 20g	7%
Dietary Fiber 7g	25%
Total Sugars 9g	
Includes 1g Added Sugars	2%
Protein 43g	
Vitamin D 1mcg	6%
Calcium 144mg	10%
Iron 3mg	15%
Potassium 718mg	15%

* 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], **Pineapple**, **Scallions**, **Roma Tomatoes**, **Orange-Chili Spice Blend** (Sweet Paprika, Onion Powder, Granulated Garlic, Dried Orange Peel, Ground Chipotle Pepper, Ancho Chili Powder, Chili Powder, Dried Oregano), **Cauliflower**, **Shredded Coconut** [coconuts], **Pepitas**, **Green Cabbage**, **Cilantro-Lime Vinaigrette** (Lime Juice [lime], Ground Cumin, Granulated Garlic, Sea Salt, Black Pepper, Agave [organic agave syrup], Cilantro, Olive Oil)

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.