



**GREEN
CHEF**

PORK TENDERLOINS WITH CREOLE DIJONNAISE

Braised collard greens, squash & bell pepper

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

720

NET CARBS PER SERVING

10 GRAMS

MENU

KETO // PALEO // GLUTEN-FREE

Our Memphis-style spice blend is packed with layers of flavor thanks to sweet paprika, celery seed, garlic and onion, oregano, mustard, cumin, coriander, chili powder, allspice, and a pinch of coconut sugar (yes, all of that!). In tonight's recipe, it's sprinkled over pork tenderloins which are pan-roasted to form a delicious crust and lock in the juices. For some creamy contrast, the punchy pork is drizzled in Creole Dijonnaise. A saucy braise with collard greens, yellow squash, and bell pepper makes a perfect, colorful veggie base.

INGREDIENTS (7 ITEMS)

1 whole **Yellow squash**
 1 whole **Red bell pepper**
 3 ½ oz **Collard greens**
 1 whole **Yellow onion**
 2 (6 oz) **Pork tenderloins***
 1 tsp **Memphis-style barbecue spices** ^T
 2 ¾ oz **Creole Dijonnaise with avocado mayo** ^E

WHAT YOU'LL NEED

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

ALLERGENS

^T TREE NUTS (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. 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.

1

PREP

- Preheat oven to 400 degrees.
- Trim ends off **yellow squash**;* discard. Halve lengthwise. Lay flat and cut across into half-moons, about ½ inch thick.
- Cut sides off **red bell pepper**.* Discard seed pod and stem. Medium dice into pieces, about ½-inch each.
- Remove and discard any thick center stems from **collard greens**. Roughly chop leaves into bite-size pieces.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Lay one half flat and small dice into pieces about ¼ inch each.

**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. Season with **Memphis-style barbecue spices** and salt.
- 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.

3

ROAST PORK

- Transfer pan with pork 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.*

4

BRAISE VEGGIES

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium heat. Add **squash** and **bell pepper** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 4–5 minutes, or until squash begins to brown, stirring occasionally.
- Add **onion**. Cook about 1 minute, stirring occasionally.
- Add **collards** and about ½ cup water. Reduce heat to medium-low. Simmer 3–4 minutes, or until squash is fork-tender and liquid is cooked off, stirring occasionally.

5

PLATE YOUR DISH

- Cut **pork** into 5–6 slices each.
- Divide **braised veggies** between plates. Top with **roasted pork tenderloins**. Drizzle with **Creole Dijonnaise with avocado mayo** to taste. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (481g)

Amount per serving

Calories 720

	% Daily Value*
Total Fat 56g	72%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 135mg	45%
Sodium 910mg	40%
Total Carbohydrate 15g	5%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 40g	
Vitamin D 0mcg	0%
Calcium 184mg	15%
Iron 2mg	10%
Potassium 560mg	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], **Memphis-Style Barbecue Spices** (Sweet Paprika, Granulated Garlic, Onion Powder, Celery Seeds, Dried Oregano, Dried Mustard, Ground Cumin, Ground Coriander, Chili Powder, Allspice, Coconut Sugar [organic coconut sugar]), **Collard Greens, Yellow Onion, Bell Peppers, Yellow Squash, Creole Dijonnaise** (Granulated Garlic, Sweet Paprika, Smoked Paprika, Ground Cayenne Pepper, Ground Cumin, Celery Seeds, Dried Basil, Sea Salt, Avocado Oil Mayonnaise [avocado oil, organic certificated humane free range egg yolks, water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Apple Cider Vinegar [apple cider vinegar])

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.