



# MAPLE PORK POWER BOWLS

*Quinoa, kale, cranberries, pecans & green goddess dressing*

**COOK TIME**  
30 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
990

**MENU**  
GLUTEN-FREE

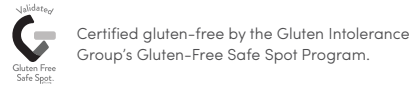
This dish is proof that maple syrup belongs on more than just pancakes! Here, it makes an effortless (read: 1-ingredient) glaze for turmeric-seared pork tenderloins. Once roasted, they turn tender-on-the inside, as the name suggests, and lightly caramelized on the outside. The tenderloins are then sliced and piled atop bowls brimming with quinoa, sautéed kale, cranberries, and pecans. Everything is finished with green goddess dressing for a creamy, herby finish.

- INGREDIENTS (8 ITEMS)**
- ½ cup **White quinoa**
  - 2 ¾ oz **Green kale**
  - 1 oz **Dried cranberries**
  - ½ oz **Pecans** T
  - 2 (6 oz) **Pork tenderloins\***
  - ½ tsp **Turmeric**
  - 1 oz **Maple syrup**
  - 3 ½ oz **Green goddess dressing** S

- WHAT YOU'LL NEED**
- small pot with lid
  - medium sauté pan
  - large oven-safe sauté pan
  - measuring cup & spoons
  - thermometer
  - oven mitt
  - cooking & olive oils
  - salt & pepper

- ALLERGENS**
- T TREE NUTS (pecans)
  - S SOY

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



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

## 1 COOK QUINOA

- Preheat oven to 375 degrees.
- Bring 1 cup water and about ¼ teaspoon salt to a boil in a small pot. Once boiling, stir in **white quinoa**. Return to a boil, then cover and reduce heat to medium-low. Simmer 16-18 minutes, or until quinoa is tender and water is absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork.

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 PREP

- Remove and discard any thick center stems from **green kale**.<sup>\*</sup> Roughly chop leaves, if necessary.
- Roughly chop **dried cranberries**.
- Roughly chop **pecans**.

<sup>\*</sup>The ingredient you received may be a different color.

## 3 SEASON & SEAR PORK

- Pat **pork tenderloins** dry with paper towels. Place **pork** on a plate. Season with **turmeric**, salt, and pepper. Drizzle with about 1 tablespoon cooking oil. Rub to coat.
- Heat about 1 ½ tablespoons cooking oil in a large oven-safe sauté pan over medium-high heat. Add **pork** to hot pan. Sear 3-5 minutes on each side.

## 4 ROAST PORK

- Remove pan with pork from heat. Drizzle **maple syrup** over pork. Transfer pan to oven.<sup>\*</sup> Roast 8-12 minutes, or until pork is fully cooked.

<sup>\*</sup>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.

## 5 SAUTÉ KALE

- Heat about 1 ½ tablespoons olive oil in a medium sauté pan over medium heat. Add **kale**, **cranberries**, **pecans**, and about 1 tablespoon water to hot pan. Season with salt and pepper. Cook 3-4 minutes, or until kale is wilted, stirring occasionally. Remove from heat.

## 6 PLATE YOUR DISH

- Cut **pork** into 5-7 slices each.
- Divide **quinoa** between bowls. Top with **sautéed kale with pecans and cranberries**. Fan **maple pork** over top. Drizzle with **green goddess dressing** to taste. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (373g)

Amount per serving

**Calories** 990

	% Daily Value*
<b>Total Fat</b> 60g	77%
Saturated Fat 9g	45%
Trans Fat 0g	
<b>Cholesterol</b> 100mg	33%
<b>Sodium</b> 730mg	32%
<b>Total Carbohydrate</b> 63g	23%
Dietary Fiber 9g	32%
Total Sugars 21g	
Includes 8g Added Sugars	16%
<b>Protein</b> 49g	
Vitamin D 0mcg	0%
Calcium 206mg	15%
Iron 6mg	35%
Potassium 771mg	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], **Turmeric**, **Maple Syrup** [organic pure maple syrup], **White Quinoa** [white quinoa], **Dried Cranberries** [cranberries, cane sugar, sunflower oil], **Pecans** [pecans, canola and/or peanut and/or sunflower oil], **Green Goddess Dressing** (Tahini Sauce [sesame seeds], Miso Paste [organic whole soybeans, organic handmade rice koji, sun-dried sea salt, Blue Ridge Mountain well water, koji spores], Lemon Juice [lemon], Sea Salt, Black Pepper, Basil, Parsley, White Vinegar [organic distilled vinegar, diluted with water to 5% acidity], Granulated Garlic, Dried Dill, Sunflower Oil [high oleic sunflower oil], Water, Ascorbic Acid [ascorbic acid]), **Green Kale**

### Allergen information:

Contains Soy 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.