



**GREEN  
CHEF**

## RED PEPPER PORK TENDERLOINS

*cucumber & tomato salad with olives, roasted red pepper, almonds*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

580

### NET CARBS PER SERVING

12 GRAMS

### MENU

KETO // PALEO // GLUTEN-FREE

This paleo-friendly meal is as vibrant and delicious as it is simple. Pork tenderloins are pan-seared to develop a tasty brown crust, then finished in the oven with a roasted red pepper vinaigrette, pieces of roasted red peppers, and almonds. A rustic cucumber, tomato, and Kalamata olive salad—tossed with an orange red-wine vinaigrette—adds a fresh contrast.

### INGREDIENTS (8 ITEMS)

½ oz	<b>Roasted almonds</b> <sup>T</sup>
1 whole	<b>Cucumber</b>
4 oz	<b>Grape tomatoes</b>
¼ oz	<b>Kalamata olives</b>
2 (6 oz)	<b>Pork tenderloins*</b>
2 oz	<b>Roasted red pepper vinaigrette</b>
1 oz	<b>Roasted red peppers</b>
¾ oz	<b>Orange red-wine vinaigrette</b>

### WHAT YOU'LL NEED

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

### ALLERGENS

<sup>T</sup> 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.

1

**PREP**

- Preheat oven to 400 degrees.
- Roughly chop **roasted almonds**.
- 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 **Kalamata olives**.

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 both sides with salt and pepper. Rub to coat.
- Heat about 1½ tablespoons cooking oil in a large oven-safe sauté pan over medium-high heat. Add **pork** to hot pan. Sear 4-6 minutes total, or until lightly browned all over, turning occasionally. Remove from heat.

3

**ROAST PORK, PEPPERS & ALMONDS**

- Drizzle **roasted red pepper vinaigrette** over seared **pork**. Add **roasted red peppers** and **almonds** to pan around pork. Add ½ cup water. Stir to combine.
- Transfer pan to oven.\* Roast 12-15 minutes, or until pork is fully cooked and peppers are fork-tender.
- Transfer **pork** to 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

**MAKE SALAD**

- Place **cucumber**, **tomatoes**, and **olives** in a medium bowl. Drizzle with **orange red-wine vinaigrette** to taste. Toss to combine. Season with salt and pepper to taste.\*

*\*Taste the salad after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious final product.*

5

**PLATE YOUR DISH**

- Cut **pork** into 5-7 slices each.
- Divide **cucumber, tomato, and olive salad** between plates. Fan **red pepper pork tenderloins** next to salad. Spoon **roasted red pepper sauce** from pan over pork. Enjoy!



# Nutrition Facts

2 Servings per container

Serving size (450g)

Amount per serving

Calories 580

	% Daily Value*
<b>Total Fat</b> 42g	54%
Saturated Fat 7g	35%
Trans Fat 0g	
<b>Cholesterol</b> 100mg	33%
<b>Sodium</b> 450mg	20%
<b>Total Carbohydrate</b> 16g	6%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 1g Added Sugars	2%
<b>Protein</b> 40g	
Vitamin D 0mcg	0%
Calcium 125mg	10%
Iron 2mg	10%
Potassium 316mg	6%

\* 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], **Grape Tomatoes**, **Cucumber**, **Roasted Red Peppers** [bell pepper], **Kalamata Olives** [kalamata olives, water, red wine vinegar, sea salt], **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.