

GREEN CHEF

RED PEPPER PORK TENDERLOINS

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

COOK TIME 30 MIN

SERVINGS 580

CALORIES PER SERVING

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.

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INGREDIENTS (8 ITEMS)

Roasted almonds T
Cucumber
Grape tomatoes
Kalamata olives
Pork tenderloins*
Roasted red pepper vinaigrette
Roasted red peppers
Orange red-wine vinaigrette

WHAT YOU'LL NEED

large oven-safe sauté pan medium bowl measuring cup & 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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

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RED PEPPER PORK TENDERLOINS

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.

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.



- 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 mediumhigh heat. Add **pork** to hot pan. Sear 4-6 minutes total, or until lightly browned all over, turning occasionally. Remove from heat.

ROAST PORK, PEPPERS & ALMONDS

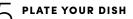
- Drizzle **roasted red pepper vinaigrette** over seared **pork**. Add **roasted red peppers** and **almonds** to pan around pork. Add ½ cup water. Stir to combine.
- Transfer pan to oven.* Roast 12-15 minutes, or until pork is fully cooked and peppers are fork-tender.
- Transfer **pork** to cutting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



 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.



- 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**

Amount per serving

Calories

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

(450g)