



DUKKAH-SPICED PORK WITH TAHINI

Cauliflower "rice" with kale, roasted red peppers & dates

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
790

NET CARBS PER SERVING
20 GRAMS

MENU
KETO // PALEO // GLUTEN-FREE

Dukkah is not your average spice blend—it’s an aromatic mix of toasted seeds, nuts, and spices. Each family or vendor’s recipe can vary widely around the Middle East and North Africa, but it’s typically combined with olive oil for dipping or used as a dry rub for fish or meat. Our blend—made up of sesame, coriander, cumin, fennel, black pepper, oregano, and crushed red pepper flakes—is used here to coat pork tenderloin. It’s pan-roasted until browned and juicy, then served over a bed of garlicky cauliflower “rice” tossed with kale, roasted red peppers, and dates. Sliced almonds give the dish a light crunch, while a drizzle of lemon almond-tahini sauce adds a bright finish over top.

INGREDIENTS (8 ITEMS)

- 1 oz **Dates**
- 2 ¾ oz **Green kale**
- ½ oz **Sliced almonds** T
- 2 (6 oz) **Pork tenderloins***
- 1 tbsp **Dukkah spice blend**
- 9 oz **Cauliflower “rice”**
- 2 ¼ oz **Roasted red peppers**
- 2 ¼ oz **Lemon almond-tahini sauce** T

WHAT YOU’LL NEED

- large sauté pan
- baking sheet
- measuring spoons
- thermometer
- oven mitt
- cooking & olive oils
- 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.

1 PREP

- Preheat oven to 400 degrees.
- Roughly chop **dates**.
- Remove and discard any thick center stems from **green kale**.^{*} Roughly chop leaves into bite-size pieces.
- Roughly chop **sliced almonds**.

**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 both sides with **dukkah spice blend**, ¼ teaspoon salt, and a pinch of pepper. Drizzle with about 1 tablespoon cooking oil. Rub to evenly coat.
- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **pork** to hot pan. Sear about 3 minutes on each side.

3 ROAST PORK

- Transfer **pork** to a lightly oiled, foil-lined baking sheet. Roast 8-12 minutes, or until pork is fully cooked.
- Transfer **pork** to a cutting board. Let rest at least 3 minutes.

4 COOK "RICE" AND VEGGIES

- Heat about 1 ½ tablespoons olive oil in pan used for pork over medium heat. Add **cauliflower "rice"** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook about 1-2 minutes, stirring frequently.
- Add **dates, roasted red peppers**, and about 1 ½ tablespoons water. Cook 4-6 minutes, or until cauliflower is tender and liquid is cooked off, stirring occasionally.
- Remove from heat. Add **kale**. Drizzle with about 1 tablespoon olive oil. Stir to combine. Season with salt and pepper to taste.^{*}

**Taste the cauliflower "rice" and veggies 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 4-5 slices each.
- Divide **cauliflower "rice" with kale, dates, and roasted red peppers** between bowls. Sprinkle **almonds** over veggies. Top with **dukkah-spiced pork**. Drizzle **lemon almond-tahini sauce** over top. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (455g)

Amount per serving

Calories **790**

	% Daily Value*
Total Fat 57g	73%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 830mg	36%
Total Carbohydrate 28g	10%
Dietary Fiber 8g	29%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 45g	
Vitamin D 0mcg	0%
Calcium 210mg	15%
Iron 5mg	30%
Potassium 880mg	20%

* 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], **Dukkah Spice Blend** (White Sesame Seeds, Ground Coriander, Ground Cumin, Ground Fennel, Black Pepper, Dried Oregano, Crushed Red Pepper Flakes), **Lemon Almond-Tahini Sauce** (Tahini Sauce [sesame seeds], Lemon Juice [lemon], Garlic, Dried Oregano, Black Pepper, Sea Salt, Almond Milk [organic almond base (filtered water, organic almonds), organic rice starch, sea salt, organic vanilla, natural flavor, carrageenan, riboflavin (b2), vitamin A palmitate, vitamin D2], Ascorbic Acid [ascorbic acid]), **Almonds** [almonds], **Cauliflower**, **Roasted Red Peppers** [bell pepper], **Dates**, **Green Kale**

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.