



CAJUN PORK TENDERLOIN

creamy cauliflower "rice" with bell pepper, chard & white cheddar

COOK TIME 30 MIN	SERVINGS 2	CALORIES PER SERVING 770	NET CARBS PER SERVING 13 GRAMS	MENU KETO // GLUTEN-FREE
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You know those dishes that you simply must order because of what comes on the side? This is one of those. Not that the protagonist isn't completely awesome—juicy pork tenderloin crusted in a bold Cajun spice blend—it's just that the sidekick is bringing something truly special to the (actual) table. In this case, we're talking cauliflower "rice" with bell pepper, chard, white cheddar, and cream cheese. This grits-like accompaniment is creamy, hearty, and ultra-satisfying. A sprinkle of almonds ties the whole thing together, and after one bite—just like Batman's Robin or Sherlock's Watson—you'll never imagine one without the other.

INGREDIENTS (10 ITEMS)

- 1 unit **Red bell pepper***
- 2¾ oz **Green chard**
- 1 whole **Yellow onion**
- 2 (6 oz) **Pork tenderloins****
- 1 tsp **Cajun spice blend**
- 6½ oz **Cauliflower "rice"**
- 2 oz **White cheddar cheese M**
- 1 oz **Cream cheese M**
- ¾ tsp **Paprika, garlic & bay leaf**
- ½ oz **Sliced almonds T**

WHAT YOU'LL NEED

- medium & large sauté pans
- baking sheet
- medium bowl
- measuring cup & spoons
- thermometer
- oven mitt
- cooking oil
- salt & pepper

ALLERGENS

- M MILK
- T TREE NUTS (almonds)

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

VALIDATED
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.

*Due to the varying nature of organic produce, we may have sent a larger bell pepper than needed.
**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.
- Small dice **red bell pepper*** into pieces, about ¼ inch each.
- Remove thick center stems from **green chard***. Slice **stems** into pieces, about ¼ inch each. Roughly chop **leaves** into bite-size pieces.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Medium dice remaining half into pieces, about ½ 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 & COOK PORK

- Pat **pork tenderloins** dry with paper towels. Place in a medium bowl. Season with **Cajun spice blend**, about ¼ teaspoon salt, and a pinch of pepper. Drizzle with about 1½ tablespoons cooking oil. Turn to evenly coat.
- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **pork** to hot pan. Sear on all sides for 4–6 minutes until lightly browned. Transfer **pork** to a foil-lined baking sheet. Roast 12–15 minutes, or until 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.*

3 START CAULIFLOWER "RICE"

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium heat. Add **bell pepper**, **chard stems**, and **onion** to hot pan. Season with salt and pepper. Stir to combine. Cook about 3 minutes, or until bell pepper is tender, stirring occasionally.
- Add **cauliflower "rice"** and **chard leaves**. Add about ½ cup water. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine. Cook about 2 minutes, or until cauliflower is tender and water is mostly cooked off, stirring occasionally. Remove from heat.

4 FINISH CAULIFLOWER "RICE"

- Add **white cheddar cheese** and **cream cheese** to pan with **veggies**. Season with **paprika**, **garlic**, and **bay leaf**. Stir until cream cheese is incorporated. Season with salt and pepper to taste.*

**Taste the 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 5–8 slices each.
- Divide **creamy cauliflower "rice" with veggies** between plates. Fan **Cajun pork tenderloin** over top. Garnish with **sliced almonds**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (460g)

Amount per serving

Calories 770

	% Daily Value*
Total Fat 56g	72%
Saturated Fat 14g	70%
Trans Fat 0g	
Cholesterol 135mg	45%
Sodium 1120mg	49%
Total Carbohydrate 18g	7%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 51g	
Vitamin D 0mcg	0%
Calcium 405mg	30%
Iron 4mg	20%
Potassium 680mg	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], **Cajun Spice Blend** [paprika (color), spices (white pepper, black pepper, thyme, oregano, basil, red pepper), dehydrated onion, dehydrated garlic, and salt], **Yellow Onion**, **Bell Peppers**, **Cauliflower**, **Cream Cheese** [cultured pasteurized skim milk and cream, whey protein, milk proteins, less than 2% salt, inulin (natural dietary fiber), natural acids, xanthan, locust bean and guar gums, potassium sorbate (maintains freshness)], **Green Chard**, **Almonds** [almonds], **Paprika**, **Garlic & Bay Leaf** (Sweet Paprika, Ground Bay Leaves, Granulated Garlic), **Mild White Cheddar** [pasteurized milk, cheese cultures, salt, enzymes, annatto, anti-caking agent (potato starch, powdered cellulose, natamycin)]

Allergen information:

Contains Milk 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.