



# PORK WITH CHERRY BBQ SAUCE

*herb-roasted potatoes, kale salad, sunflower seeds*

**COOK TIME**  
35 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
900

**MENU**  
GLUTEN-FREE

Here's a flavor combination that's worthy of a second helping: Dried cherries are simmered in our sweet and tangy barbecue sauce, then spooned over ancho-cumin-spiced pork tenderloins for tonight's gluten-free dinner. Herb-roasted potatoes and a kale salad (tossed with cabbage and sunflower seeds) complete the dish.

### INGREDIENTS (10 ITEMS)

- 12 oz **Yellow potatoes**
- ¾ tsp **Italian herb & red pepper blend**
- 1 oz **Dried cherries**
- 2¾ oz **Green kale**
- 2 (5 oz) **Pork tenderloins\***
- ½ tsp **Ancho-cumin spice blend**
- 2 oz **Cabbage**
- ½ oz **Sunflower seeds**
- 1¼ oz **White-wine lemon vinaigrette**
- 4 oz **Mild barbecue sauce**

### WHAT YOU'LL NEED

- medium sauté pan
- 2 baking sheets
- mixing bowls
- measuring cup & spoons
- thermometer
- oven mitt
- cooking & olive oils
- salt & pepper



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°.

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 ROAST POTATOES

- Preheat oven to 400 degrees.
- Medium dice **yellow potatoes\*** into pieces, about ½ inch each.
- Place **potatoes** on a lightly oiled, foil-lined baking sheet. Drizzle with about 1½ tablespoons cooking oil. Season with **Italian herb and red pepper blend**, about ½ teaspoon salt, and about ¼ teaspoon pepper. Stir to coat.
- Spread **potatoes** out in a single layer. Roast 20-25 minutes, or until fork-tender, stirring halfway through.

*\*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 PREP

- Place **dried cherries** in a small bowl. Cover with about ¼ cup water. Let soak at least 5 minutes, or until softened. Once softened, roughly chop **cherries** (reserve soaking liquid).
- Remove and discard any thick center stems\* from **green kale\*\***. Roughly chop leaves into bite-size pieces.

*\*To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).*

*\*\*The ingredient you received may be a different color.*

## 3 SEASON & COOK PORK

- Pat **pork tenderloins** dry with paper towels. Place on a plate. Season with **ancho-cumin spice blend**, salt, and pepper. Drizzle with about 1 tablespoon cooking oil. Rub to evenly coat.
- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **pork** to hot pan. Sear 3-5 minutes, or until lightly browned on all sides.
- Transfer **pork** to a second lightly oiled, foil-lined baking sheet. (Reserve pan.) Roast 8-12 minutes, or until fully cooked.
- Transfer **pork** to a cutting board. Let rest at least 3 minutes.

## 4 MAKE SALAD

- Place **kale** in a medium bowl. Drizzle with about 1 tablespoon olive oil. Lightly season with salt. Massage until leaves soften.
- Add **cabbage\*** and **sunflower seeds**. Drizzle with **white-wine lemon vinaigrette** to taste. Toss to combine. Season with salt and pepper to taste.

*\*The ingredient you received may be a different color.*

## 5 MAKE SAUCE

- Return pan used for pork to stovetop over medium heat. Add **mild barbecue sauce** and **cherries** (with reserved soaking liquid) to hot pan. Cook 1-2 minutes, or until sauce is warmed through, stirring frequently.

## 6 PLATE YOUR DISH

- Cut **pork tenderloins** into 6-8 slices each.
- Divide **pork** between plates. Spoon **cherry barbecue sauce** over top. Serve **herb-roasted potatoes** and **kale salad** on the side. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (516g)

Amount per serving

**Calories** **900**

	% Daily Value*
<b>Total Fat</b> 51g	65%
Saturated Fat 7g	35%
Trans Fat 0g	
<b>Cholesterol</b> 75mg	25%
<b>Sodium</b> 1260mg	55%
<b>Total Carbohydrate</b> 83g	30%
Dietary Fiber 5g	18%
Total Sugars 38g	
Includes 6g Added Sugars	12%
<b>Protein</b> 33g	
Vitamin D 12mcg	60%
Calcium 130mg	10%
Iron 6mg	35%
Potassium 710mg	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], **Ancho-Cumin Spice Blend** (Ancho Chili Powder, Smoked Paprika, Cinnamon, Ground Cumin, Dried Orange Peel, Granulated Garlic, Sweet Paprika, Dried Oregano), **Dried Cherries** [tart cherries, cane sugar, sunflower oil], **Barbecue Sauce** [tomato puree (filtered water, tomato paste), sugar, white vinegar, molasses, natural hickory smoke flavor, salt, corn starch, Worcestershire sauce (white vinegar, molasses, filtered water, sugar, sea salt, caramel color, garlic powder, spices, cayenne pepper, black pepper, xanthan gum), caramel color, onion powder, garlic powder, ground red peppers, xanthan gum], **Red Cabbage**, **Lemon Vinaigrette** (Lemon Juice [lemon], Agave [organic agave syrup], White Wine Vinegar [aged white wine vinegar], Sea Salt, Black Pepper, Sunflower Oil [high oleic sunflower oil], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices]), **Sunflower Seeds** [sunflower kernels, sunflower oil], **Green Kale**, **Yellow Potatoes**, **Italian Herb & Red Pepper Blend** (Granulated Garlic, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Crushed Red Pepper Flakes, Onion Powder)

### Allergen information:

Contains No Allergens

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.*