



SOUTHWEST PORK TENDERLOIN

kale salad with black beans, bell pepper & corn, cotija

COOK TIME 35 MIN	SERVINGS 2	CALORIES PER SERVING 810	MENU GLUTEN-FREE
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Our chefs could have just let the pork tenderloin be the star of this dish, but they went all out with the salad base, too. The pork is seasoned with an orange-chili spice blend, then roasted until juicy. It's sliced and fanned over a colorful jumble of kale tossed with corn, black beans, and red bell pepper—all roasted on a single baking sheet. A tangy cilantro cider vinaigrette does double duty, dressing the salad as well as topping the pork. Cotija cheese sprinkled over the top adds a finishing touch.



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.

INGREDIENTS (8 ITEMS)

13¼ oz	Black beans
1 unit	Red bell pepper
2¾ oz	Green kale
1½ tsp	Orange-chili spice blend
1½ oz	Corn
2 (5 oz)	Pork tenderloins*
3½ oz	Cilantro cider vinaigrette
¾ oz	Cotija cheese <small>M</small>

WHAT YOU'LL NEED

medium oven-safe sauté pan
baking sheet
mixing bowls
measuring spoons
strainer
thermometer
oven mitt
cooking & olive oils
salt & pepper

ALLERGENS

M MILK

*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.
- Strain and rinse **black beans**.
- Cut **red bell pepper*** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Remove and discard any thick center stems from **green kale***. Roughly chop leaves into bite-size pieces.

**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 ROAST BEANS & VEGGIES

- Place **beans** and **bell pepper** in a medium bowl. Drizzle with 1-2 tablespoons cooking oil. Season with about half of the **orange-chili spice blend**, about ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **beans and bell pepper** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 8-9 minutes.
- Remove baking sheet from oven. Add **corn**. Stir to combine veggies. Roast 8-9 minutes more, or until beans are tender. Let cool for 5 minutes.

3 SEASON PORK

- Pat **pork tenderloins** dry with paper towels. Place in bowl used for veggies. Season with remaining **orange-chili spice blend**, salt, and pepper. Turn to evenly coat.

4 SEAR & ROAST PORK

- Heat about 1½ tablespoons cooking oil in a medium oven-safe sauté pan over medium-high heat. Add **pork** to hot pan. Sear 3-5 minutes on all sides until lightly browned.
- Transfer pan to oven. Roast 8-12 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.*

5 MAKE SALAD

- Place **kale** in a second medium bowl. Drizzle with 1-2 teaspoons olive oil. Lightly season with salt. Massage until leaves soften.
- Transfer **roasted beans, bell pepper, and corn** to bowl with **kale**. (Careful! Baking sheet is hot!) Drizzle with about half of the **cilantro cider vinaigrette**. Toss to combine. Season with salt and pepper to taste.

6 PLATE YOUR DISH

- Cut **pork tenderloins** into 6-8 slices each.
- Divide **kale salad** between plates. Fan **Southwest pork tenderloin** over top. Drizzle with remaining **cilantro cider vinaigrette** to taste. Sprinkle with **cotija cheese**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (518g)

Amount per serving

Calories **810**

	% Daily Value*
Total Fat 52g	67%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 1180mg	51%
Total Carbohydrate 41g	15%
Dietary Fiber 10g	36%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 41g	
Vitamin D 12mcg	60%
Calcium 160mg	10%
Iron 5mg	30%
Potassium 1439mg	30%

* 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], **Cotija Cheese** [pasteurized milk, salt, cheese cultures, enzymes, cellulose], **Orange-Chili Spice Blend** (Sweet Paprika, Onion Powder, Granulated Garlic, Dried Orange Peel, Ground Chipotle Pepper, Ancho Chili Powder, Chili Powder [chili pepper, paprika, oregano, cumin, garlic, salt, spices], Dried Oregano), **Black Beans** [organic black beans, water, sea salt, calcium chloride (firming agent)], **Cilantro Cider Vinaigrette** (Cilantro, Apple Cider Vinegar [apple cider vinegar], Garlic, Olive Oil [olive oil], Stone-Ground Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices], Sea Salt), **Green Kale**, **Bell Peppers**, **Corn** [corn]

Allergen information:

Contains Milk

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.