



# MEDITERRANEAN PORK & PITA PLATES

*kale salad, feta cheese, tzatziki-style sauce*

**COOK TIME**  
30 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
620

**MENU**  
MEDITERRANEAN

There's nothing quite like a Mediterranean-style spread—and tonight's has all the favorites. Pork tenderloins are seasoned with gyro-style spices (think: oregano, thyme, garlic, and paprika) for a Greek take on the juicy and flavorful cut. There's a kale salad with fresh Roma tomato, meaty Kalamata olives, salty feta, and tangy white wine vinegar. Toasted whole-wheat pitas and creamy tzatziki-style sauce help you scoop everything up together for this Greek-style mezze platter.

**INGREDIENTS (9 ITEMS)**

- 2¾ oz **Green kale**
- 1 whole **Roma tomato**
- ⅛ oz **Kalamata olives**
- ¾ oz **White wine vinegar**
- 2 (5 oz) **Pork tenderloins\***
- 1¼ tsp **Gyro-style seasoning**
- 2 whole **Whole-wheat pita breads** W
- 2 oz **Feta cheese** M
- 2 oz **Tzatziki-style sauce** M

**WHAT YOU'LL NEED**

- medium oven-safe sauté pan
- large bowl
- measuring spoons
- thermometer
- oven mitt
- cooking & olive oils
- salt & pepper

**ALLERGENS**

- W WHEAT
- M MILK

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

\*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](http://greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

# 1 PREP

- Preheat oven to 400 degrees.
- Remove and discard any thick center stems from **green kale\***. Roughly chop leaves into bite-size pieces.
- Medium dice **Roma tomato** into pieces, about ½ inch each.
- Roughly chop **olives**.

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

*\*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!).*

## 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 MAKE SALAD

- Place **kale** in a large bowl. Drizzle with 1 tablespoon olive oil. Lightly season with salt. Massage until leaves soften.
- Add **white wine vinegar**, **tomato**, and **olives** to bowl. Season with salt and a pinch of pepper. Toss to combine.

# 3 SEASON & COOK PORK

- Pat **pork tenderloins** dry with paper towels. Season with **gyro-style seasoning**, salt, and pepper.
- Heat 1 tablespoon cooking oil in a medium oven-safe sauté pan over medium-high heat. Add **pork** to hot pan. Sear 3-5 minutes, until lightly browned on all sides.
- 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.*

# 4 TOAST PITAS

- Place **whole-wheat pita breads** directly on oven rack. Toast 3-4 minutes, or until evenly browned.
- Transfer **pitas** to a cutting board and allow to cool. Quarter **pitas**.

# 5 PLATE YOUR DISH

- Cut **pork tenderloins** into 5-7 slices each.
- Divide **pork**, **pitas**, and **kale salad** between plates. Garnish salad with **feta cheese**. Dollop **tzatziki-style sauce** in the center of each plate. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (368g)

Amount per serving

**Calories** 620

	% Daily Value*
<b>Total Fat</b> 29g	37%
Saturated Fat 9g	45%
Trans Fat 0g	
<b>Cholesterol</b> 105mg	35%
<b>Sodium</b> 870mg	38%
<b>Total Carbohydrate</b> 45g	16%
Dietary Fiber 7g	25%
Total Sugars 6g	
Includes 2g Added Sugars	4%
<b>Protein</b> 42g	
Vitamin D 13mcg	70%
Calcium 238mg	20%
Iron 4mg	20%
Potassium 969mg	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], **Whole-Wheat Pita Breads** [stoneground whole wheat flour, water, sugar, yeast, wheat gluten, contains 2% or less of: salt, wheat starch, maltodextrin, microcrystalline cellulose, dough conditioner (bromelain), calcium propionate], **Green Kale**, **Kalamata Olives** [kalamata olives, water, red wine vinegar, sea salt], **Roma Tomatoes**, **White Wine Vinegar** [aged white wine vinegar], **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Tzatziki-Style Sauce** (Granulated Garlic, Greek Yogurt [pasteurized organic whole milk, organic sweet cream buttermilk, living yogurt cultures: L. acidophilus, L. bulgaricus, S. thermophilus, and Bifidobacterium lactis], Sea Salt, Black Pepper, Lemon Juice [lemon], Dried Dill, Ascorbic Acid [ascorbic acid]), **Gyro-Style Seasoning** (Dried Oregano, Onion Powder, Granulated Garlic, Black Pepper, Dried Parsley, Dried Thyme, Sweet Paprika, Cinnamon, Nutmeg)

### Allergen information:

Contains Milk And Wheat

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.

