



**GREEN  
CHEF**

## BLACKENED PORK WITH CREOLE DIJONNAISE

*pearl couscous with corn & roasted peppers, apricot green beans*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

840

For tonight's sweet and spicy meal, pork tenderloins are dusted in blackening spices (featuring red pepper, oregano, thyme, and garlic), then seared to lock in the spices and crisp up the crust. Finally, they take a trip to the oven to cook to a juicy finish. Sautéed green beans with dried apricots serve as a gently sweet side alongside savory couscous with corn and roasted red peppers. A drizzle of creamy Creole Dijonnaise adds a cooling contrast to the blackened pork.

### INGREDIENTS (7 ITEMS)

½ cup	<b>Toasted pearl couscous</b> <span>W</span>
2 (5 oz)	<b>Pork tenderloins*</b>
1 tsp	<b>Blackening spices</b>
6 oz	<b>Green beans</b>
1 oz	<b>Dried apricots</b>
1½ oz & 1 oz	<b>Corn &amp; roasted red peppers</b>
2¼ oz	<b>Creole Dijonnaise</b> <span>E</span> <span>S</span>

### WHAT YOU'LL NEED

medium pot  
2 medium sauté pans  
baking sheet  
small bowl  
measuring cup & spoons  
fine-mesh strainer  
thermometer  
oven mitt  
cooking & olive oils  
1 tbsp butter M  
salt & pepper

### ALLERGENS

W WHEAT E EGGS  
S SOY M MILK



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

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



# 1 COOK COUSCOUS

- Preheat oven to 400 degrees.
- Bring a medium pot of lightly salted water to a boil. Once boiling, stir in **toasted pearl couscous**. Cook 7-9 minutes, or until tender, stirring occasionally.
- Strain **couscous** with a fine-mesh strainer; shake off excess water. Return to pot. Drizzle with about 1 teaspoon olive oil. Season with ¼ teaspoon salt and a pinch of pepper. Stir to coat. (You'll finish the couscous in Step 6.)

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 on a plate. Season with **blackening spices**, salt, and pepper. Rub to coat.
- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **pork** to hot pan. Sear on all sides for 4-6 minutes, or until lightly browned.
- Transfer **pork** to a lightly oiled, foil-lined baking sheet. (Carefully wipe out pan.) Roast 12-15 minutes, or until fully cooked.
- Transfer **pork** to a cutting board. Let rest at least 3 minutes.

# 3 PREP

- Trim stem ends off **green beans**. Cut into pieces, about ½ inch long.
- Place **dried apricots** in a small bowl. Cover with about ¼ cup water.

# 4 COOK GREEN BEANS

- Heat about 1 tablespoon cooking oil in a second medium sauté pan over medium-high heat. Add **green beans** to hot pan. Season with ¼ teaspoon salt and a pinch of pepper. Cook 4-5 minutes, or until lightly browned, stirring occasionally.
- Add **apricots** with **soaking liquid**. Cook 3-4 minutes, or until green beans are tender and liquid has cooked off, stirring occasionally.
- Add about 1 tablespoon butter. Stir until butter has melted. Remove from heat.

# 5 COOK CORN & RED PEPPERS

- Heat about 1 tablespoon cooking oil in pan used for pork over medium heat. Add **corn and roasted red peppers** to hot pan. Cook 2-3 minutes, or until veggies are warmed through, stirring frequently.

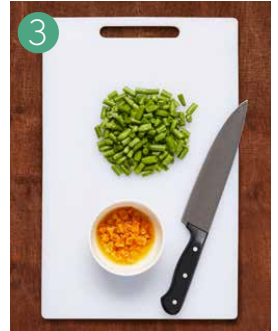
# 6 FINISH COUSCOUS

- Transfer **couscous** to pan with **corn and roasted red peppers**. Season with salt and pepper to taste.\* Stir to combine.

*\*Taste the couscous after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious dish.*

# 7 PLATE YOUR DISH

- Cut **pork tenderloins** into 5-7 slices each.
- Divide **pearl couscous with corn and roasted red peppers** between plates. Top with **blackened pork tenderloin**. Drizzle pork with **Creole Dijonnaise** to taste. Serve **apricot green beans** on the side. Enjoy!



# Nutrition Facts

2 Servings per container

Serving size (372g)

Amount per serving

Calories 840

	% Daily Value*
Total Fat 56g	72%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 1020mg	44%
Total Carbohydrate 49g	18%
Dietary Fiber 5g	18%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 34g	
Vitamin D 12mcg	60%
Calcium 58mg	4%
Iron 4mg	20%
Potassium 857mg	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], **Blackening Spices** [paprika (color), dehydrated onion, spices (black pepper, white pepper, red pepper, thyme, oregano), dehydrated garlic, and salt], **Green Beans**, **Dried Apricots** [apricot, rice flour, sulfur dioxide (added for color retention)], **Toasted Pearl Couscous** [pearled couscous (wheat flour)], **Roasted Red Peppers** [bell pepper], **Corn** [corn], **Creole Dijonnaise** (Granulated Garlic, Sweet Paprika, Smoked Paprika, Ground Cayenne Pepper, Ground Cumin, Celery Seeds, Dried Basil, Sea Salt, Mayonnaise [organic expeller pressed soybean oil, water, organic egg yolks, organic whole eggs, organic distilled white vinegar, salt, organic white mustard (organic distilled vinegar, water, organic mustard seeds, salt, organic spices), organic lemon juice concentrate], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Apple Cider Vinegar [apple cider vinegar])

## Allergen information:

Contains Egg, Soy 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.

