



PORK TENDERLOIN

with Plum Salsa, Garlic Rice and Green Onions

FAMILY



HELLO PLUM

We love this plum salsa! Sweet, tart, and juicy.
The perfect pork pairing

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 416



Pork Tenderloin



Basmati Rice



Plum



Shallot



Cilantro



Balsamic Vinegar



Dijon Mustard



Garlic



Sugar Snap Peas,
trimmed



Green Onions

BUST OUT

- Baking Sheet
- Paper Towel
- Large Non-Stick Pan
- Small Bowl
- Measuring Spoons
- Sugar (½ tsp)
- Garlic Press
- Salt and Pepper
- Medium Pot
- Olive or Canola oil
- Measuring Cups

INGREDIENTS

4-person

- Pork Tenderloin 680 g
- Basmati Rice 1 ½ cup
- Plum 130 g
- Shallot 50 g
- Cilantro 10 g
- Balsamic Vinegar 9 1 tbsp
- Dijon Mustard 6,9 1 ¼ tsp
- Garlic 10 g
- Sugar Snap Peas, trimmed 227 g
- Green Onions 4

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 6 Mustard/Moutarde
- 1 Wheat/Blé
- 7 Peanut/Cacahuète
- 2 Milk/Lait
- 8 Sesame/Sésame
- 3 Egg/Oeuf
- 9 Sulphites/Sulfites
- 4 Soy/Soja
- 10 Crustacean/Crustacé
- 5 Tree Nut/Noix
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 71°C/160°F.

START STRONG

Preheat your oven to **450°F** (to roast the pork). Start prepping when your oven comes up to temperature!

KIDS TIP: If kids don't enjoy the plum salsa, just omit it from their portion and enjoy some extra!



1 COOK RICE

Wash and dry all produce.* Mince or grate **garlic**. Heat a medium pot over medium heat. Add **1 tbsp oil** (dbl for 4 ppl), then the garlic and **rice**. Cook, stirring, until fragrant, 2 min. Add **3 cups salted water**. Cover and bring to a boil. Once boiling, reduce heat to low. Cook (still covered) until rice is tender and water has been absorbed, 12-14 min.



4 ROAST PORK

Remove the pan from the heat and transfer the **pork** to a baking sheet. Carefully wipe the pan clean. Roast the pork in the centre of the oven, until the pork is golden-brown and cooked through, 14-16 min. (**TIP:** Cook to a min. internal temp. of 71°C/160°F, as size may vary.**)



2 PREP

Meanwhile, thinly slice the **green onions**. Peel and cut **shallot** into ¼-inch pieces. Cut the four sections off the **plum(s)**, avoiding the pit. Cut each section into ¼-inch cubes. Roughly chop the **cilantro**. In a small bowl, stir together the shallot, plum, cilantro, **mustard**, **1 tbsp vinegar** and **½ tsp sugar**. Set aside.



5 COOK SNAP PEAS

Meanwhile, heat the same pan over medium heat. Add **1 tbsp oil**, then the **snap peas**. Cook, stirring often, until tender-crisp, 4-5 min.



3 SEAR PORK

Pat the **pork tenderloins** dry with paper towels, then season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. Add **1 tbsp oil**, then the pork. Pan-fry until golden-brown all over, 2-3 min per side.



6 FINISH AND SERVE

Fluff the **rice** with a fork, then stir in the **green onions**. Thinly slice the **pork**. Divide the pork, rice and **snap peas** between plates. Spoon the **plum salsa** over the pork.

SPICY

Like spice? Add ¼ tsp of chili flakes to your plum salsa for a sweet heat!