



# PORK TENDERLOIN À L'ORANGE

over a Kale, Pecan, and Wild Rice Salad



## HELLO

### TUSCAN KALE SALAD

Massaging the greens in a citrus dressing makes their leaves tender and flavorful.

**PREP: 10 MIN** | **TOTAL: 40 MIN** | **CALORIES: 710**



Wild Rice



Orange



White Wine  
Vinegar



Dried Cranberries



Veggie Stock  
Concentrate



Tuscan Kale



Pork Tenderloin



Honey



Pecans  
(Contains: Tree Nuts)

## START STRONG

If you have an extra moment, gently toast the pecans in the oven or in a pan to bring out their flavor.

## BUST OUT

- Small pot
- Paper towel
- Strainer
- Baking sheet
- Small bowl
- Large bowl
- Large pan
- Olive oil (1 TBSP | 2 TBSP)
- Butter (1 tsp | 2 tsp)  
(Contains: Milk)

## INGREDIENTS

Ingredient 2-person | 4-person

- Wild Rice ½ Cup | 1 Cup
- Tuscan Kale 4 oz | 8 oz
- Orange 1 | 2
- Pork Tenderloin 12 oz | 24 oz
- White Wine Vinegar 1 TBSP | 2 TBSP
- Honey 1 tsp | 2 tsp
- Dried Cranberries 1 oz | 2 oz
- Pecans 1 oz | 2 oz
- Veggie Stock Concentrate 1 | 2

## HELLO WINE



### PAIR WITH

La Colline Sacrée Pays d'Oc  
Viognier, 2016

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



## 1 PREHEAT OVEN AND COOK RICE

Preheat oven to 375 degrees. Bring **1½ cups water** to a boil in a small pot. Add **wild rice**, reduce to a simmer, and cover. Cook until tender, 25-30 minutes, then drain.



## 4 TOSS SALAD

Add half the **orange juice**, **1 TBSP vinegar**, and **1 tsp honey** (we sent more vinegar and honey) to a large bowl and stir to dissolve. Whisk in a large drizzle of **olive oil**. Season with **salt** and **pepper**. Add **kale** to bowl and toss. Massage with hands until leaves are softened and wilted. Add cooked **rice**, **cranberries**, and **pecans** and toss to combine.



## 2 PREP

Wash and dry all produce.

Remove stems and large ribs from **kale** and discard. Thinly slice leaves. Halve **orange**, then squeeze juice into a small bowl. **TIP:** Juice fruit with no mess and no fuss: grab a citrus squeezer from [HelloFresh.com/Shop](https://www.hellofresh.com/shop)



## 5 MAKE PAN SAUCE

Add remaining **orange juice**, **¼ cup water**, and **stock concentrate** to pan used for pork over medium-high heat. Let simmer until reduced by half, 2-3 minutes. Add a small pat of **butter** (we used 1 tsp) and stir to melt. Season with **salt** and **pepper**.



## 3 COOK PORK

Heat a drizzle of **olive oil** in a large pan over medium-high heat. Pat **pork** dry with a paper towel, then season all over with **salt** and **pepper**. Add to pan and sear until browned, about 2 minutes per side. Transfer to a baking sheet. Roast in oven until cooked to desired doneness, 10-15 minutes. Let rest 5 minutes after removing from oven.



## 6 FINISH AND PLATE

Slice **pork** crosswise into round medallions. Divide **salad** between plates, then top with pork. Drizzle **sauce** over pork and serve.

## DELIGHTFUL!

Pork tenderloin and wild rice transform kale salad into something hearty.

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