



CITRUSY PORK TENDERLOIN

with Wild Rice and Kale Salad

PREP: 10 MIN
TOTAL: 35 MIN

LEVEL 1

GLUTEN FREE



HELLO WILD RICE

Nutty, wholesome, and packed with fiber

INGREDIENTS:

- Wild Rice
- Scallions
- Orange
- Tuscan Kale
- Pork Tenderloin
- White Wine Vinegar
- Dried Cranberries
- Pecans (Contains: Tree Nuts)
- Veggie Stock Concentrate

FOR 2 PEOPLE:

- ½ Cup
- 2
- 1
- 4 oz
- 12 oz
- 1 TBSP
- 1 oz
- 1 oz
- 1

FOR 4 PEOPLE:

- 1 Cup
- 4
- 2
- 8 oz
- 24 oz
- 2 TBSP
- 2 oz
- 2 oz
- 2

NUTRITION PER SERVING

708 cal | Fat: 26 g | Sat. Fat: 5 g | Protein: 49 g | Carbs: 73 g | Sugar: 19 g | Sodium: 295 mg | Fiber: 10 g

START STRONG

Be sure to roll up your sleeves and massage that kale!

Doing so softens the leaves, ensures the dressing is evenly distributed, and eases digestion.



BUST OUT

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

1 PREHEAT OVEN AND COOK RICE

Wash and dry all produce.

Preheat oven to 375 degrees. Bring **1½ cups water** to a boil in a small pot. Add **wild rice**, reduce to a simmer, cover, and cook until tender, about 20 minutes. Drain and set aside.

2 PREP REMAINING INGREDIENTS

Thinly slice **scallions**. Halve and juice **orange** into a small bowl. Remove ribs and stems from **kale**. Thinly slice **leaves**.

3 COOK PORK

Heat a drizzle of **olive oil** in a large pan over medium-high heat. Pat **pork** dry with a paper towel, and season on all sides with **salt** and **pepper**. Sear until golden brown, about 2 minutes per side. Transfer to a baking sheet, and roast until cooked to desired doneness, 10-15 minutes. Remove from oven and rest.



4 MAKE DRESSING AND SALAD

In a large bowl, combine **1 TBSP vinegar** with half the **orange juice**. Whisk in a large drizzle of **olive oil**, and season with **salt** and **pepper**. Add **kale** and massage **dressing** into **leaves** with hands. Add cooked **rice**, **cranberries**, **pecans**, and **scallions**. Toss to combine.

5 MAKE PAN SAUCE

Add remaining **orange juice**, **¼ cup water**, and **stock concentrate** to same pan used to cook **pork**. Simmer until thickened and reduced by half, 2-3 minutes. Add **1 tsp butter**, and season with **salt** and **pepper**.

6 FINISH AND PLATE

Slice **pork** into medallions. Plate **salad**, top with **pork medallions**, and spoon **pan sauce** over.

TRIUMPH!

Keep this recipe handy—it makes for the perfect holiday dish.

