

DINNERLY



LOW CARB

LOW CALORIE

Roast Pork Tenderloin with Mediterranean Salad & Pita

 ca. 20min  2 Servings

There's salad for dinner and then there's SALAD FOR DINNER. This is definitely the in your face version. Juicy pork tenderloin is sliced and served on top of a crisp salad that includes roasted red pepper, toasted pita, and tangy pepperoncini peppers. We've got you covered!

WHAT WE SEND

- pork tenderloin
- romaine heart
- roasted red pepper
- garlic

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- red wine vinegar

TOOLS

- medium skillet
- rimmed baking sheet

ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 630kcal, Fat 45g, Carbs 25g, Proteins 32g



1. Roast pork

Preheat oven to 450°F with racks in upper and lower thirds. Pat **pork** dry; season with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add pork and sear until golden brown on one side, about 3 minutes. Flip pork and transfer skillet to top rack; roast until firm to the touch and 145°F internally, 6–8 minutes.



2. Toast pita

Tear **pita** into 1-inch pieces. On a rimmed baking sheet, toss pita with **1 tablespoon oil** and season with **salt** and **pepper**. Bake on lower rack, stirring halfway through, until golden brown and crisp, 6-8 minutes (watch closely as ovens vary).



3. Prep ingredients

Halve **romaine** lengthwise, then cut crosswise into 1-inch ribbons, discarding stem. Trim stem ends from **pepperoncini**, then thinly slice. Pat **roasted red peppers** dry, then thinly slice. Peel and finely chop **½ teaspoon garlic**.



4. Make dressing

In a medium bowl, whisk together **chopped garlic**, **2 tablespoons vinegar**, and **¼ cup oil**. Season generously with **salt** and **pepper**. Add **red peppers** and **pepperoncini** and set aside to marinate.



5. Finish & serve

Allow **pork** to rest 5 minutes before thinly slicing. Toss **romaine** and **pita croutons** with **dressing**. Serve **salad** alongside **pork**, with **any juices** from baking sheet spooned over top. Enjoy!



6. Make it picky-eater proof

We love a big salad like this, but also understand that some people like to keep their meat and veggies separate. In that case, serve the pork alongside the salad, keeping even the toasted pita separate if desired.