



PORK TENDERLOIN WITH SAUTÉED MUSTARD GREENS

45 MINUTES

MAKES 2 SERVINGS

A quick and easy meal, paired with our Apple Cheddar Salad, you will have two delicious courses on the table in less than an hour.

INSTRUCTIONS

Preheat oven to 400°F. Toss diced apple in ½ tsp of apple vinegar to prevent browning.

Place potatoes in a medium sized pot, covered + 1" with cold, lightly salted water. Bring to a boil and cook for approx 8-10 minutes until barely fork tender. Drain and set aside.

Place an oven safe, large sized pan over high heat. Pat pork tenderloin dry and season with salt and pepper on all sides. Add a small amount of oil to pan and sear pork on all sides until a golden crust has formed.

Place potatoes in the same pan, cut side down, drizzle with olive oil and season with salt and pepper. Place pan in oven and cook 10-15 minutes until pork has reached 145°F in the centre and potatoes are golden and crispy.

Remove from oven, take ingredients out of pan, reserving any oil and bits left in the pan. Allow pork to cool 5 minutes before slicing. Place pan back over medium heat and add apples, vinegar and mustard. Cook 2-3 minutes until softened. Add microgreens and stir to combine. Remove from heat.

When ready to plate, slice pork and lay over greens and serve alongside potatoes.

Enjoy!

INGREDIENTS

1 Pork Tenderloin, silver skin removed

Salt and Pepper to taste

Olive Oil

2 Cups of Baby Potatoes, halved

½ Package of Goodleaf Spicy Mustard Medley

½ Granny Smith Apple, cored and diced

½ Tsp of Apple Cider Vinegar

1 Tsp of Apple Cider Vinegar (In addition to prev.)

1 Tsp of Grainy Dijon Mustard



Vertically Farmed. Straight-up Good.™