

Dijon Herb Pork Tenderloin with Almond Pilaf

Description

Serves 2-3. Lean pork tenderloin is brushed with garlic-infused Dijon mustard and then pressed with a parmesan-herb mix that includes basil-peanut pesto, parsley, thyme, and oregano. Served over our Almond Rice Pilaf. **Keto-Friendly At-Home Modification:** Replace rice with cauliflower rice or omit. **Entrée Includes:** Pork Tenderloin and Almond Rice Pilaf. Salad shown in photo is a serving suggestion.

Cooking Instructions

Rice Pilaf: In a small pot, toast almonds in a little oil or butter (1-2 Tbs) over medium heat until light brown. Set aside. Add 1 1/4 cups water to the pot and bring to a boil, then add rice mix. Once boiling, reduce heat to low, cover, and simmer for 18 mins. Serve almonds over rice.

Tenderloin – Choose One:

Freezer to Oven: Preheat oven to 350F and bake tenderloin, uncovered, for 1 hour to 1 hour 20 min until internal temp is reached.

Thawed: Preheat oven to 350F. Bake tenderloin, uncovered, for 30-45 minutes until internal temp is reached.

Internal Temperature: 155F. Let stand 10 min before slicing.

Serving Suggestions: Serve with almond pilaf, steamed asparagus, and chopped salad with blue cheese dressing. Chianti.

Please note: Cooking times are estimates and vary based on your actual oven, stovetop, or slow cooker, as well as item thickness and starting temperature. For best results, always verify the internal temperature of your meals. Instant-read pocket thermometers are inexpensive, convenient, and very easy to use.

Nutritional Information

Per Serving – Pork Tenderloin: 280 cal, 12g fat (4g sat), 110mg chol, 340mg sodium, 2g carb, 0g fiber, 0g sugar, 36g protein. **Rice Pilaf:** Coming soon.

Contains: Peanuts. Tree Nuts (Almond). Dairy.

Lifestyle: Gluten-Free. Easily made keto-friendly at home by subbing rice with cauliflower rice or omitting.

Ingredients: pork tenderloin, dijon mustard, basil-peanut pesto (canola oil, fresh basil, peanuts, extra virgin olive oil, parmesan cheese, salt, pepper), minced garlic, parsley, spices, salt, pepper. **Rice Pilaf:** rice, slivered almonds, dry chicken bouillion (contains sugar), salt.

Please note: Because Dinner Done dishes are hand-crafted, exact information may vary. Contains 3 servings per entrée, unless otherwise stated.



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