

PorkTenderloin & Brussels Sprouts with Chili Lime Sauce



Makes:

8 servings

Utensil:

Cooking Thermometer
Saladmaster Food Processor
12" Electric Oil Core Skillet
large mixing bowl
Blender

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Recipe:

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Recipe Description:

Give pork tenderloin an Asian accent with fish sauce, fresh ginger and cilantro. This different taste twist combines the sweet and savory flavors of sweet potatoes and Brussels sprouts to present a delicious one-dish meal.

1 ¼ pounds
pork tenderloin, trimmed
(680
g)
½ teaspoon
kosher salt, divided
(3
g)
½ teaspoon
black pepper, divided
(1
g)
1 pound
sweet potatoes, cut into ¾" by 4" wedges
(454
g)
1 small
red onion, sliced, use Cone #4
1 tablespoon
olive oil
(15
mL)
¼ cup
honey
(85
g)
¼ cup
lime juice
(60
mL)

1 tablespoon
lime zest, shredded, use Cone #1
(2
g)
2 tablespoons
Thai fish sauce
(30
mL)
2 cloves
garlic, peeled
3 tablespoons
fresh ginger, peeled and chopped
(18
g)
1 Serrano chili, stemmed, seeded and minced
1 ½ pounds
Brussels sprouts, stems trimmed and sprout cut in half
(680
g)
1 cup
cilantro, roughly chopped, divided
(16
g)

Directions:

1. Season pork with ¼ teaspoon each salt and pepper.
2. Preheat EOC to 400°F/205°C. Place pork in skillet and brown, approximately 2 minutes. Turn ¼ turn and brown all 4 sides. Remove and set aside.
3. Place sweet potatoes and onions in large bowl. Add oil and ¼ teaspoon each salt and pepper, and stir to blend thoroughly. Place in skillet and stir-fry for 5 minutes.
4. Reduce heat to 350°F/165°C, return pork to skillet, cover and cook for approximately 10 - 15 minutes until medium-rare. Check with meat thermometer, interior pork should be 160°F/70°C. Remove pork and allow to rest; place potatoes and onions in medium bowl.
5. Meanwhile, place honey, lime juice, lime zest, fish sauce, garlic, ginger, and ½ the chili in blender. Blend until finely chopped. Stir in remaining ½ chili. Set sauce aside.
6. Place Brussels sprouts in skillet, return heat to 400°F/205°C, and stir-fry until browned, approximately 4 minutes. Remove and place in large bowl. Toss with ½ cup (8 g) cilantro and ¼ cup (60 mL) of sauce from blender.
7. Toss remaining cilantro with sweet potatoes and onions.
8. Slice pork. Place Brussels sprouts on platter with sweet potatoes and sliced pork. Drizzle more sauce, to taste, over entire dish. Serve.

Tips:

- You may have remaining sauce; place in creamer or small bowl and serve with meal.

Nutritional Information per

▼ Serving

Calories: 289
Total Fat: 8g
Saturated Fat: 2g
Cholesterol: 67mg
Sodium: 595mg
Total 31g
Carbs:
Dietary Fiber: 6g
Sugar: 13g
Protein: 26g
