

PINK-PEPPERCORN PORK TENDERLOIN

With Peach and Cucumber Salad



Pink peppercorns are not actually a true peppercorn, but are pink, dried berries of a shrub called the Peruvian Peppertree. These dried berries have a peppery, slightly floral flavor that perfectly enhances the juicy pork tenderloin in the dish. A cool and refreshing peach and cucumber salad rounds out this summertime treat.

OVERVIEW



TIME TO PREPARE



INTERMEDIATE RECIPE



MEDIUM SPICE



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NUTRITION

Calories: 528
 Carbohydrates: 25g
 Fat: 18g
 Protein: 64g
 Sodium: 1212mg
per serving

DIETARY



LOW CALORIE



DAIRY-FREE



GLUTEN-FREE



NUT-FREE



SOY-FREE

DRINK PAIRING

IPA
 Pinot Noir
 Merlot

INGREDIENTS

10 Oz. Sliced Peaches, Canned
4 Mint Sprigs
4 Cilantro Sprigs
1 Red Fresno Chile
1 Red Onion
1 Cucumber
1 Lime
1 Tbsp. Pink Peppercorns
1 Pork Tenderloin
1 Tbsp. Sugar
1 Oz. White Wine Vinegar

WHAT YOU NEED

Olive Oil
Salt
Pepper
Cooking Spray

EQUIPMENT

Small Pan
Grill Pan or Outdoor Grill
Mixing Bowl
Wire-Mesh Strainer

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Prepare the Ingredients

Drain the **sliced peaches**. Rinse, stem, and rough chop the **mint** and **cilantro**. Rinse, stem, and slice **red chile** into thin rounds. Peel the **onion** and slice into thin strips. Rinse and slice the **cucumber** into rounds. Rinse, zest and halve the **lime**.



Crush the Peppercorns

Leaving the peppercorns in the bag, place the bag on a stable surface and crush the **pink peppercorns** with the bottom of a pan or a rolling pin until broken and crumbly, but not too finely powdered.



Cook the Pork Tenderloin

Warm a grill or grill pan to medium heat and coat lightly with cooking spray. Rinse **pork tenderloin** and pat dry. Season with **pink peppercorns** and a pinch of **salt**. Place on grill and cook on all four sides for 5-6 minutes or until firm to the touch, and internal temperature reaches 145 degrees. Cover with foil and allow to sit for 5 minutes before slicing, allowing meat to evenly re-distribute its juices.



Mix the Salad

In a large mixing bowl, combine the **peaches**, **cucumber**, and **red onion** to taste, **red chili** to taste, **lime zest**, **cilantro**, **mint**, **sugar**, **vinegar**, and **juice of the lime**. Season with a pinch of **salt**. Let sit in the refrigerator for 10 minutes before serving.



Plate the Dish

Slice the **pork tenderloin** into medallions. Compose a pile of **salad** in the middle a plate. Rest a few slices of pork against the salad.

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