



**NUTRITION** per serving 32g carbohydrates 32g fat 51g protein 1300mg sodium | calorie-conscious, carb-conscious



Calories  
**587**



Prep & Cook Time  
**25-35 min.**



Cook Within  
**6 days**



Difficulty  
**Easy**



Spice Level  
**Not Spicy**

#### IN YOUR BOX

- 1 Kiwi
- 1 ½ oz. Frozen Pineapple
- 1 Lime
- ¼ oz. Cilantro
- 1 Ear of Corn
- 1 Romaine Heart
- 1 Pork Tenderloin
- 1 oz. Mayonnaise
- ½ oz. Pepitas

#### CONTAINS: eggs

*Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients*

#### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Grill Pan or Outdoor Grill
- 2 Mixing Bowls

[www.homechef.com/4100](http://www.homechef.com/4100)



GRILLING SERIES

## Grilled Pork Tenderloin with Fresh Kiwi Salsa

with corn and pepita salad

## BEFORE YOU COOK

- ☐ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ☐ Thoroughly rinse produce and pat dry

## WHILE YOU COOK

- ☐ **Heads Up!** **Lime juice** and **lime zest** are both used twice. 1 tsp. of each are added to **salsa**, and 1 tsp. of each are added to **dressing**.
- ☐ **Heads Up!** **Cilantro** is used twice. Half is added to **salsa** and remaining garnishes dish.

## FROM THE CHEF

Here's a super quick way to peel kiwi. Cut 1/8" off of each end and slide a spoon in between the skin and the fruit with the cupped end of the spoon facing in. Sweep the spoon around to easily remove the peel.

### Did you know...

Kiwis became popular with Americans during World War II, thanks to American servicemen stationed in New Zealand. When they started to be exported to California, they were named "melonette" and "Chinese gooseberry." The name "kiwifruit" came about in 1962.



## Prepare the Ingredients

Halve **kiwi** and scoop flesh out with a spoon. Cut into 1/2" dice. Cut **pineapple** into 1/2" dice. Zest **lime**, halve, and juice. Mince **cilantro** (no need to stem). Shuck **corn** and rinse. Hold **romaine heart** at root end and chop coarsely. Pat **pork tenderloin** dry. On a separate cutting board, slice tenderloin into medallions, 1/2"-3/4" thick. Season both sides with 1/2 tsp. **salt** and 1/4 tsp. **pepper** and drizzle with 1 tsp. **olive oil**. Preheat grill or grill pan over medium-high heat.



## Grill the Corn and Pork

Spray grill or grill pan with **cooking spray**. Add **corn** to hot grill and cook until lightly charred, 2-3 minutes per side. Transfer to a plate. Add **pork** to grill and cook until browned and pork reaches a minimum internal temperature of 145 degrees, 3-4 minutes per side. *If your grill has enough room, feel free to cook corn and pork at the same time.* Transfer to a plate and rest 5 minutes. While pork rests, toss salad.



## Make the Salsa

Combine **kiwi**, **pineapple**, 1 tsp. **lime juice**, 1 tsp. **lime zest**, and half the **cilantro** (reserve remaining for garnish) in a mixing bowl. Set aside to let flavors marry.



## Toss the Salad

Cut kernels from **corn** once cool enough to handle. To bowl with **dressing**, add **romaine** and corn and combine. Season with 1/4 tsp. **salt** and a pinch of **pepper**.



## Make the Dressing

In another mixing bowl, whisk together **mayo**, 2 tsp. **water**, 1 tsp. **lime juice**, 1 tsp. **lime zest**, and a pinch of **salt** and **pepper**. Set aside.



## Finish the Dish

Place **salad** on a plate with **pork medallions**. Garnish salad with **pepitas**. Spoon **salsa** over pork or alongside. Garnish with remaining **cilantro**.