

# MOLÉ PORK TENDERLOIN

## SERVES FOUR

### TENDERLOIN

- Roughly 2 lbs. of premium pork tenderloin
- cups of molé (spices listed at right)
- 2 cups veggie stock
- 3-4 sweet potatoes
- 4 limes
- 2 tbsp. butter
- ½ cup oil
- 1 bunch cilantro
- S & P to taste



### CABBAGE SLAW

- Half head cabbage shredded
- 1 red pepper sliced
- 1 poblano pepper sliced
- 1 small sweet onion sliced
- Rest of cilantro
- 1 cup coconut milk
- 1 tbsp. rice wine vinegar
- Juice of 1 lime
- 1 tbsp. each of honey, chili powder, coriander

### MOLÉ SAUCE

- 1 poblano and 1 jalapeno roasted
- 1 cup veggie stock
- 1 8 oz. can pear-peeled tomatoes
- ¼ cup each: tomato paste, apple cider vinegar, peanut butter, honey
- ¼ cup dried cherries or raisins
- Juice of 1 lime
- 1 clove garlic
- ½ small sweet onion
- 1 tbsp. each cumin, coriander, cocoa powder
- 1 tsp. each cinnamon, nutmeg

● **PREP:** Rub pork tenderloin with oil, season with S&P (set aside in fridge). ● Next prepare the **SLAW** (using scraps, one carrot and 2 celery stalks to make veg stock; 1 qt. water reduced by half, S&P) followed by the molé ● **MOLÉ:** Combine all ingredients in food processor and blend thoroughly. Heat on medium for 10-12 minutes. Set aside to cool. When these two ingredients are done, start the sweet potatoes. ● Peel **sweet potatoes** with peeler, cut into fry stick shapes, toss in oil, S&P, bake at 325° on cookie sheet for 12-15 min.; set aside to cool. ● **PORK:** In large sauté pan, heat rest of oil on med. heat for 5 min. Add pork tenderloin and sear all sides (5 min). Add molé and 1 cup stock, heat 3 min. Place in uncovered roasting pan in 400° oven 12-15 mins. Heat 1 tbsp. oil on med. in large sauté pan, 3-5 min. Add par-cooked sweet potatoes, squeeze lime juice and mount with 1 tbsp. butter, 1 tbsp. chopped cilantro (rest used in slaw) S&P. Keep warm on low heat. Remove pork from oven and pan; let rest 8-10 min. ("resting" meats allows juices to re-enter). In medium sauté pan, heat juices from meat pan, mount with butter and use as sauce for meat. Cut pork into four pieces ensuring to cut against the grain. ● Place sweet potatoes in center of plate, top with pork. Spoon sauce around the outside of meat & potatoes and top with healthy dollup of slaw and lime wedge. Serve with Zen Green cocktail for a super tasty, healthy meal.