

DINNERLY



Low-Cal Piri Piri Pork Tenderloin with Roasted Zucchini & Tomatoes



30min



2 Servings

Ok guys, we have to come clean. We have a new obsession, and it's piri piri. The savory South African spice blend is addictively tasty, pairs so well with pork tenderloin, and it really knows how to bring the heat. But don't worry, you can cool down with a side of buttery, roasted zucchini and tomatoes. Oh, and did we mention this dish is keto-friendly? We've got you covered!

WHAT WE SEND

- 2 zucchini
- 2 plum tomatoes
- 10 oz pkg pork tenderloin
- ¼ oz piri piri spice blend

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- butter ⁷

TOOLS

- medium baking dish

ALLERGENS

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 400kcal, Fat 19g, Carbs 14g, Protein 40g



1. Prep veggies

Preheat oven to 450°F with a rack in the upper third.

Cut **zucchini** into ¼-inch wedges.

Quarter **tomatoes**.



2. Season pork

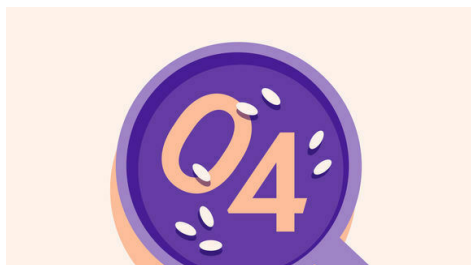
Pat **pork tenderloins** dry and rub with a drizzle of **oil**. Season all over with **half of the piri piri spice blend** (use more or less depending on heat preference), **salt**, and **pepper**.



3. Assemble roast

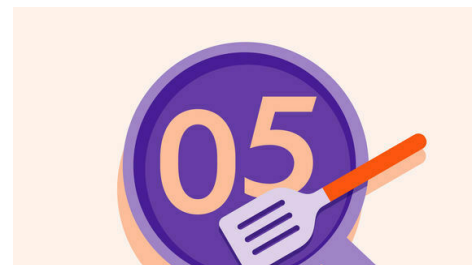
In a medium baking dish, toss **tomatoes** and **zucchini** with a drizzle of **oil**; season with **salt** and **pepper**. Spread into an even layer and top with a **couple pats of butter**.

Nestle **pork** on top of **veggies**.



4. Roast pork & veggies

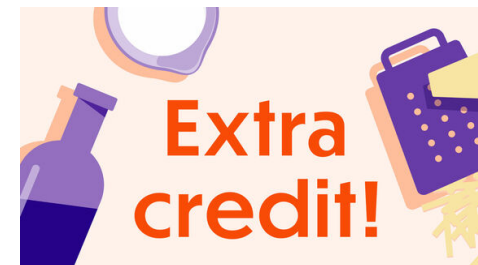
Bake on upper oven rack, uncovered, until **veggies** are tender and **pork** is browned all over (or reaches internal temperature of 165°F), 20–25 minutes.



5. Finish & serve

Allow **pork** to rest 5 minutes before thinly slicing.

Serve **piri piri pork tenderloin** with **roasted veggies** alongside and **sauce** from baking dish spooned over top. Enjoy!



6. Carb it up!

Carb up this dish by serving it with a side of crusty garlic bread!