

MARLEY SPOON



Cumin Pork Tenderloin

with Pilaf & Cilantro-Radish Salad



30-40min



2 Servings

This meal combines two flavor-enhancing techniques. For the pilaf, the secret is to first toast the orzo and rice until golden, so you end up with a nutty and fragrant rice using very little olive oil and salt. And as your rice steams away, a cumin-spice rub ups the ante for your tenderloin, which gets cooked in a flash before getting finished in a fresh herb sauce.

What we send

- 3 oz orzo ¹
- 5 oz jasmine rice
- garlic
- 1 bag radishes
- ½ oz fresh cilantro
- ¼ oz fresh oregano
- 1 pkt crushed red pepper
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz ground cumin

What you need

- olive oil
- kosher salt & ground pepper
- red wine vinegar (or white wine vinegar)

Tools

- medium pot
- large skillet

Allergens

Wheat (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 820kcal, Fat 33g, Carbs 83g, Protein 46g



1. Cook pilaf

Heat **1 tablespoon oil** in a medium pot over medium-high. Add **¼ cup orzo** and cook, stirring, until golden, about 2 minutes. Add **rice** and cook, stirring, until toasted, about 1 minute. Stir in **1½ cups water** and **¾ teaspoon salt**. Bring to a boil. Reduce heat to low, cover and cook until water is absorbed and rice is tender, about 20 minutes. Keep covered until ready to serve.



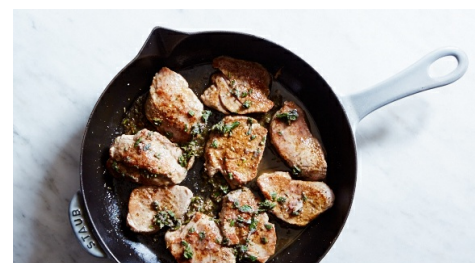
4. Prep pork & sauce

Cut **pork** on an angle into **½-inch thick medallions**. Season all over with **1 teaspoon cumin**, and a **generous pinch each of salt and pepper**. In a small bowl, stir to combine **chopped garlic**, **oregano**, **2 tablespoons vinegar**, and **1 tablespoon water**.



2. Prep ingredients

Finely chop **2 large garlic cloves**. Trim ends from **radishes**, then halve and thinly slice. Pick **cilantro** and **oregano leaves** from stems; finely chop oregano leaves, keeping cilantro leaves whole; discard stems.



5. Cook pork

Heat **1 tablespoon oil** in a large skillet over medium-high. Add **pork medallions** and cook until browned on the bottom, about 2 minutes. Flip and cook on the other side until browned and cooked through, about 2 minutes more. Add **sauce** to skillet and remove from heat.



3. Prep radish salad

In a medium bowl, toss to combine **radishes**, **¼ teaspoon crushed red pepper** (or less depending on heat preference), **1 tablespoon vinegar**, and **2 tablespoons oil**; season to taste with **salt** and **pepper**.



6. Finish salad & serve

Add **cilantro leaves** to **radish salad** and toss to combine. Fluff **rice pilaf** with a fork. Serve **rice pilaf** topped with **pork**, **pan sauce**, and **radish salad**. Enjoy!