PORK TENDERLOIN WITH ROASTED ASPARAGUS & WARM CITRUS SAUCE

(Adapted from "Quick Prep Dinners 2016")

Makes: 4 servings

1/4 cup natural (skin-on) almonds, chopped

2 Tbsp chopped fresh parsley (or cilantro works well too)

2 tsp lemon juice

400 g pork tenderloin, trimmed if necessary

1/4 tsp each salt and pepper

1 Tbsp olive oil

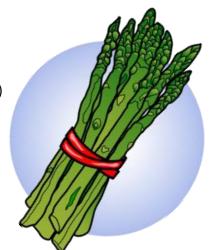
2 bunches (each 450g) asparagus, trimmed *

1 Tbsp grated fresh gingercloves garlic, minced

3/4 cup sodium-reduced chicken broth

1/2 tsp grated orange zest

1/2 cuporange juice1 tspDijon mustard3/4 cupbasmati rice



- 1. In bowl, stir together almonds, parsley and lemon juice; set aside.
- 2. Sprinkle pork with half each of the salt and pepper. In nonstick skillet, heat half of the oil over medium-high heat; brown pork all over, about 6 minutes.
- 3. Transfer pork and asparagus to oil-lined rimmed baking sheet. Sprinkle asparagus with remaining salt and pepper. Roast in 400°F (200°C) oven until just a hint of pink remains inside pork or instant-read thermometer inserted in thickets part reads 160°F (71°C), about 15 minutes. Transfer pork to cutting board; tent with foil and let rest for 5 minutes before slicing. Cover asparagus loosely with foil to keep warm.
- 4. In same skillet, heat remaining oil over medium heat; cook ginger and garlic, stirring, for 2 minutes. Stir in broth and orange juice; bring to boil. Stirring often, reduce sauce to ½ cup, 5 to 7 minutes. Stir in mustard and orange zest.
- 5. Cook rice according to package instructions; serve with pork, asparagus and sauce. Sprinkle with almond mixture.

^{*} Thicker stalks of asparagus recommended so they don't dry out.