

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 ginger
2	cloves garlic, minced
3/4 cup	sodium-reduced chicken broth
1/2 tsp	grated orange zest
1/2 cup	orange juice
1 tsp	Dijon mustard
3/4 cup	basmati 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 thickest 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.