



## Paleo Pork Mole Verde

**Active Time:** 30 minutes | **Total Time:** 45 minutes | **Serves:** 6

### Nutrition Information Per Serving

194.6 calories, 7.13 g carbohydrate, 1.74 g fiber, 5.39 g NET carbs, 19.12 g protein, 10.41 g fat

#### Ingredients

- 6 clove(s) organic garlic, peeled
- 1 medium organic onion, chopped
- 1 whole organic jalapeno, halved
- 1 Tbsp virgin coconut oil
- 2 tsp(s) dried organic oregano
- 1 cup organic cilantro
- 1 pound pastured pork tenderloin
- 1/2 cup(s) raw pumpkin seeds
- 6 medium(s) tomatillos, husked, cored, halved
- 1 tsp organic cumin seeds

#### Preparation

1. Preheat oven to 425 F. Grease a baking sheet. Place tomatillos, onion, jalapeno and garlic on baking sheet and roast 25 minutes. Remove from oven and set aside.
2. Place a enameled cast iron skillet over medium heat. Add the cumin and pumpkin seeds to the skillet and toast, shaking the pan periodically, for 5 minutes. Pour toasted seeds over roasted vegetables and stir to combine. Stir in  $\frac{1}{2}$  cup chopped cilantro.
3. Return pan to heat and add coconut oil. When shimmering, add the pork chunks, keeping space between each piece to ensure a good sear (crowding will cause pork to steam). Sear pork chunks on both sides, transfer to a plate. Continue with remaining pork in batches.
4. Return seared pork to pan and top with vegetable mixture. Cook over medium-low heat until pork is cooked through (145 degrees F).
5. Serve with remaining cilantro.

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