



Moroccan Pork Tenderloin with Olives and Cauliflower

Active Time: 10 minutes | **Total Time:** 20 minutes | **Serves:** 2

Nutrition Information Per Serving

390.3 calories, 8.15 g carbohydrate, 3.86 g fiber, 4.29 g NET carbs, 38.31 g protein, 23.48 g fat

Ingredients

- 1/2 tsp(s) Real Salt
- 2 cup(s) cauliflower, chopped
- 2 Tbsp(s) virgin coconut oil
- 1/2 tsp(s) fresh ground pepper, to taste
- 1/4 tsp(s) cinnamon
- 1/2 cup(s) organic chicken stock
- 1/2 tsp(s) ground cumin
- 1/2 tsp(s) ground cloves
- 1/2 tsp(s) coriander seed
- 12 ounce(s) pastured pork tenderloin, 1/2 inch slices
- 12 medium(s) Castelvetrano olives, sliced

Preparation

1. Season the pork with salt, pepper, cinnamon and cloves on both sides.
2. Heat the oil in a deep skillet over medium heat. When shimmering, add the pork to the skillet and cook 2-3 minutes on each side to brown.
3. When the pork is just browned, add the cauliflower, cumin, coriander and stock.
4. Simmer for 5-10 minutes, until cauliflower is tender and liquid is almost reduced.
5. Stir in the olives before serving.

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