

Fennel-Rubbed Pork Tenderloin

with Grapefruit, Mustard Greens & Japonica Black Rice

Mustard greens belong to the same family of plants as kale, cabbage and collards, but unlike these relatives, mustard greens have an unmistakable, peppery zing. This vivid ingredient cuts the richness of the pork and contrasts the juicy tartness of the grapefruit. With an earthy, buttery side of black rice, this dish is a playful, striking balance of delightful flavors.



Ingredients

12-13 Oz. Pork Tenderloin

2 Cloves Garlic

1 Bunch Mustard Greens

1 Bunch Tarragon

1 Grapefruit

2 Teaspoons Ground Fennel Seed

$\frac{3}{4}$ Cup Japonica Black Rice

2 Tablespoons Butter

Makes 2 Servings

About 670 Calories Per Serving



Instructions



Prepare the ingredients:

Preheat the oven to 500°F. Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Remove the pork tenderloin from the refrigerator to bring to room temperature. Peel and finely chop the garlic. Cut out and discard the thick stems of the mustard greens, then roughly chop the leaves. Pick the tarragon leaves off the stems; discard the stems and roughly chop the leaves.



Cook the rice & prepare the grapefruit:

Add the **rice** to the boiling water and cook 18 to 20 minutes, or until tender. While the rice cooks, with a knife, cut about ¼ inch off the top and the bottom of the **grapefruit** and sit it flat on a cutting board. Following the contour of the fruit, cut away and discard the peel and pith. Over a small bowl, using a knife, cut the individual segments (or supremes) of the grapefruit from the thin membranes that separate them. Squeeze the juice from the leftover membranes over the supremes.



Rub & roast the pork:

While the rice cooks, pat the **pork** dry with paper towels and place on a sheet pan or baking dish. Season with salt and pepper and the **ground fennel**, then drizzle with a little olive oil. Using your hands, rub the seasonings into the pork. Place in the oven and roast 18 to 20 minutes or until cooked through and the center reaches 145°F, flipping halfway through. Remove from oven and let rest for at least 5 minutes before slicing.



Finish the rice:

Once the rice is finished cooking, drain thoroughly and return to the pot. Stir in the **grapefruit juice** (from the bowl of supremes) and **half the butter**; season with salt and pepper to taste.



Cook the mustard greens:

In a large pan, heat the **remaining butter** with 2 teaspoons of olive oil on medium-high until melted. Add the **garlic** and season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Stir in the **mustard greens** and season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until wilted.



Finish & plate your dish:

Toss the **supremes** with **all but a pinch of the tarragon** and a little olive oil. Season with salt and pepper to taste. Find the lines of muscle, or the grain of the cooked pork. Slice the **pork** crosswise against the grain into ½-inch-thick pieces. Divide the pork between 2 dishes along with the **rice**, **mustard greens** and **grapefruit segments**. Garnish with the **remaining tarragon**. Enjoy!