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Pork Tenderloin With Kale and Red Cabbage Slaw

Prep time: 10 min. Cook time: 20 min.

Serving size: 1 plate

Recipe yields 1 serving

Ingredients

5-oz. pork tenderloin

4 oz. thinly sliced kale

4 oz. thinly sliced red cabbage

1 tbsp apple cider vinegar

1 tsp salt

1 oz. toasted pumpkin seeds

1 oz. toasted sunflower seeds

1 tbsp olive oil

Salt and pepper to taste

Directions

1. Preheat oven to 400 degrees F.
2. Season the pork tenderloin well with salt and pepper.
3. In a hot, oven-proof pan, sear the pork on all sides.
4. Move the pan to the oven to cook for an additional 6-8 minutes, depending on thickness and desired doneness.
5. While pork is cooking, combine the sliced kale and cabbage in a mixing bowl. Add the salt and rub well with your hands to extract some liquid from the leaves. Add the vinegar, oil, and seeds, and toss to combine.
6. Allow the pork to rest for 3-5 minutes once it is finished cooking. Slice in 1/4-inch slices and serve with slaw.