



Cumin Pork Tenderloin

with Pilaf and Cilantro-Radish Salad



30 minutes



2 Servings

This meal combines two flavor-enhancing techniques. For the pilaf, the secret is to first toast the noodles and rice until golden, so you end up with a nutty and fragrant rice using very little olive oil and salt. And as your rice steams away, a cumin-spice rub ups the ante for your tenderloin, which gets cooked in a flash before getting finished in a fresh oregano marinade. Cook, relax, and enjoy!

What we send

- ¼ cup capellini spezzati ¹
- ¾ cup basmati rice
- garlic
- 4 oz radish
- ¾ oz fresh cilantro
- ¼ oz fresh oregano
- ¼ tsp crushed red pepper
- 3 Tbsp red wine vinegar
- 10 oz pork tenderloin
- 1 tsp ground cumin

What you need

- olive oil
- coarse salt
- freshly ground pepper

Tools

- medium pot
- large skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Wheat (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 670kcal, Fat 26.5g, Proteins 39.7g, Carbs 66.2g



1. Cook pilaf

Heat **1 tablespoon oil** in a medium pot over medium-high. Add **capellini**, cook until golden-brown, about 2 minutes. Add **rice** and cook until toasted, about 1 minute. Stir in **2 cups water** and **¾ teaspoon salt**. Bring to a boil, reduce heat to simmer, cover, and cook until water is absorbed and rice is tender, about 20 minutes. Remove from heat and keep covered.



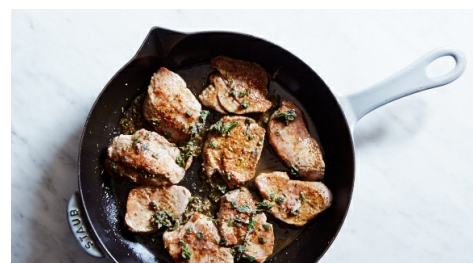
4. Prep pork and marinade

Cut **pork** on the bias into **½-inch thick medallions**. Season well all over with **1 teaspoon cumin, salt, and pepper**. In a small bowl, combine **garlic, oregano, remaining vinegar, and 1 tablespoon water**; stir to combine.



2. Prep vegetables

Peel **2 large cloves garlic** and finely chop. Trim ends from **radishes**, halve and thinly slice. Pick **cilantro** and **oregano leaves** from stems; finely chop oregano leaves and keep cilantro leaves whole.



5. Cook pork

Heat **1 tablespoon oil** in a large skillet over medium-high. Add **pork medallions** and cook until browned on bottom, about 2 minutes. Flip and brown on the other side, about 2 minutes more. Pour in **vinegar mixture** and remove from heat.



3. Prep radish salad




Add the **crushed red pepper** (or more or less depending on heat preference), **radishes, 1 tablespoon vinegar, and 2 tablespoons oil** to a medium bowl; season to taste with **salt and pepper** and toss to combine.



6. Finish salad and serve

Add **cilantro leaves** to **radish salad** and toss to combine. Fluff **rice pilaf** with a fork. Serve **pork** and **pan sauce** on **rice pilaf** and top with **radish salad**.

Questions about the recipe? Cooking hotline: **866.228.4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at marleyspoon.com    **#marthaandmarleyspoon**