



## Blackberry Balsamic Pork Stir-Fry Salad

### Ingredients:

#### Salad

2 cups (500 mL) fresh strawberries, hulled  
1/2 medium cucumber  
1/2 medium red onion  
1 medium carrot, peeled  
6 cups (1.5 L) loosely packed fresh baby spinach leaves

1/4 cup (50 mL) apple juice  
2 tbsp (30 mL) canola oil, divided  
1 1/2 lbs (700 g) pork tenderloin, trimmed (see Cook's Tip)  
1/2 tsp (2 mL) *each* salt and coarsely ground black pepper  
1/4 cup (50 mL) sliced almonds, toasted (see Cook's Tip)

#### Sauce & Pork

3/4 cup (175 mL) **Blackberry Balsamic Sauce**

### Directions:

1. For salad, slice strawberries with **Egg Slicer Plus®**. Slice cucumber and onion with **Simple Slicer** on #2 setting. Cut carrot into julienne strips using **Julienne Peeler**. Combine strawberries, cucumber, onion, carrot and spinach in **Stainless (6-qt./6-L) Mixing Bowl**; set aside.
2. For sauce, combine blackberry sauce, juice and 1 tbsp (15 mL) of the oil in **(2-cup/500-mL) Prep Bowl**; whisk until well blended.
3. Slice pork lengthwise in half on **Large Grooved Cutting Board**; cut each half crosswise into 1/4-in. (6-mm) pieces. Sprinkle pork with salt and black pepper. Heat remaining 1 tbsp (15 mL) oil in **(12-in./30-cm) Skillet** over medium-high heat 1–3 minutes or until shimmering. Add pork to Skillet; cook 2–3 minutes per side or until golden brown. Stir in 1/2 cup (125 mL) of the sauce; cook 1–2 minutes or until sauce is hot, stirring constantly.
4. To serve, divide salad among serving plates; top with pork. Drizzle with remaining sauce and sprinkle with almonds.

**Yield:** 6 servings

**Nutrients per serving:** Calories 260, Total Fat 8 g, Saturated Fat 1 g, Cholesterol 75 mg, Sodium 410 mg, Carbohydrate 21 g, Fiber 4 g, Protein 26 g

**Cook's Tips:** To trim pork tenderloin, insert the blade of **Boning Knife** underneath the silver skin, keeping the blade angled away from the meat as you cut along the entire length of the silver skin.

To toast almonds, place almonds in **Small Micro- Cooker®**. Microwave, uncovered, on HIGH 1–2 minutes or until toasted, stirring every 30 seconds.