



Jamaican Jerk Pork Tenderloin Plate

Ingredients

2 lbs. Pork Tenderloin, Raw
1 Tbsp Caribbean Jerk Seasoning
2 Tbsp Olive Oil
1 Tbsp Light Brown Sugar
1 ½ lbs. Sweet Potatoes (Yams), Fresh,
Peeled, Diced 1"
1 Tbsp Butter, Melted
1 oz. Poblano Peppers, Fresh, Diced 1/4"

1 oz. Jalapeno Peppers, Fresh, Diced 1/4"
1 oz. Red Peppers, Fresh Diced 1/4"
2 oz. Corn, Frozen, Thawed, Drained
2 oz. Avocado, Peeled & Seeded, Diced 1/4"
1 Tbsp Fresh Lemon Juice
1 Tbsp Garlic, Fresh, Minced
1 oz. Tomatoes, Fresh, 6x6, Diced 1/4"

Nutrition Facts (per serving)

Calories	357
Fat (g)	13.3
Saturated Fat (g)	0
Cholesterol (mg)	77
Sodium (mg)	301
Carbohydrate (g)	27.7
Fiber (g)	0
Protein (g)	29.9
Calcium (mg)	46

Preparation

Season pork with seasoning blend.

Heat oil in skillet. Add pork. Sear until well-browned. Transfer to sheet pans and finish cooking in a 375 degree F. oven. Slice on bias.

Combine brown sugar, sweet potato and butter. Toss to evenly coat. Arrange in single layer on sheet pans. Roast in a 375 degree F. oven until sweet potato is tender.

Combine poblano, jalapeno and red peppers, corn, avocado, lemon juice, garlic and tomato for salsa. Mix gently to evenly distribute.

Arrange 4 oz pork slices over 1 1/2 oz salsa. Place 4 oz sweet potato on the side.

Serves 6

Portion: 4 Oz. + Sides

