

PORK



Island-Style Pork Tenderloin with Wild Rice

and

Pork Ramen Bowl

Produce

Baby bok choy, 2 heads
Broccolini, 1 pound
Carrots, matchstick, 6 ounces (1 cup)
Cilantro, ¼ bunch
Garlic cloves, 12
Green onions, 1/3
Lime, 1
Mushrooms, shiitake, sliced, 8 ounces
Pineapple, 4 rings (6 ounces) *may substitute 6 ounces canned pineapple
Radishes, 1 bunch

Meat

Pork, 2 (1-pound) tenderloins

Dairy/Refrigerated

Eggs, 4 large

Pantry

Barbecue sauce, 9.6 ounces (1 cup)
Broth, chicken, 32 fluid ounces (4 cups)
Honey, 1 tablespoon
Olive oil, extra-virgin, 3 tablespoons
Ramen noodles, dried, 10 ounces
Rice, wild, uncooked, 6.3 ounces (1 cup)
Sesame oil, toasted, ½ teaspoon
Soy sauce or tamari, 2 fluid ounces (¼ cup)
Thai chili sauce, 2 tablespoons

Seasonings

Sesame seeds, black, 1 tablespoon