

Smoky BBQ Roast Pork Tenderloin with Rice
RECIPE

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<?xml version="1.0"?>

TIME

25 min

INGREDIENTS

10 items

MAKES

4 servings

This dish is perfect for a quick comfort-food dinner that's light on prep but packed with flavor. Juicy, smoky pork tenderloin is ideal paired with creamy, tangy slaw and savory Spanish-style rice.

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INGREDIENTS

- 1 pork tenderloin (about 1 1/2 lbs.)
- 1/2 cup (120 mL) smoky barbecue sauce, divided

- 1 pouch (8.8 oz each) Ben's Original™ Ready Rice™ Spanish Style with Tomatoes and Peppers
- 2 tbsp vegetable oil
- 1/2 lb. baby bok choy, quartered
- 1/4 cup sliced green onions, divided
- 2 garlic cloves, minced
- 1/4 tsp black pepper
- 1 tbsp toasted sesame seeds

PRODUCTS USED



BEN'S ORIGINAL™ READY RICE™ Spanish Style Rice

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INSTRUCTIONS

1. 1
Preheat oven to 425°F. Line baking sheet with foil.
2. 2
Place pork tenderloin on prepared baking sheet and brush evenly with barbecue sauce.
3. 3
Bake for 18 to 20 minutes or until instant-read thermometer registers 165°F when inserted into thickest part of pork. Let rest for 5 to 7 minutes before cutting into chunks.
4. 4
Meanwhile, prepare rice according to package instructions.
5. 5
Heat oil in large skillet set over medium heat. Add bok choy, half the green onions, garlic and pepper. Cook, stirring occasionally, for 5 to 7 minutes or until bok choy are tender.
6. 6
Divide rice evenly among 4 serving plates. Top evenly with bok choy and pork, and garnish with remaining green onions and sesame seeds.

NUTRITION

- CALORIES: 430
- TOTAL FAT: 14g
- SATURATED FAT: 2.5g
- TRANS FAT: 0g
- SODIUM: 560mg
- TOTAL CARBOHYDRATES: 37g
- DIETARY FIBER: 2g
- TOTAL SUGARS: 13g
- PROTEIN: 37g

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Cooking time

20

Ingredients

10 items

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Cooking time

35 Minutes

Ingredients

10 items

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Cooking time

15 minutes

Ingredients

9 items

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[Brown Rice & Apple Salad](#)

Cooking time

20 minutes

Ingredients

9 items

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