Smoky BBQ Roast Pork Tenderloin with Rice
RECIPE

Smoky BBQ Roast Pork Tenderloin with Rice

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.

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

INSTRUCTIONS

1. Preheat oven to 425°F. Line baking sheet with foil.
2. Place pork tenderloin on prepared baking sheet and brush evenly with barbecue sauce.
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. Meanwhile, prepare rice according to package instructions.
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. 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

MORE RECIPES LIKE THIS

Brown Rice with Spinach and Parmesan Cheese

Cooking time

35 Minutes

Ingredients

10 items



Classic Shrimp Fried Rice

Cooking time

15 minutes

Ingredients

9 items

Brown Rice & Apple Salad

Cooking time

20 minutes

Ingredients

9 items

Cheesy Chicken Broccoli Rice Bake

Cooking time

45 Minutes

Ingredients

9 items

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