

Smoky BBQ Roast Pork Tenderloin with Rice
RECIPE

Smoky BBQ Roast Pork Tenderloin with Rice



<?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.

SHARE

- [Pinterest \(opens in new window\)](#)
- [Facebook \(opens in new window\)](#)
- [Twitter \(opens in new window\)](#)
- [Download \(opens in new window\)](#)
- [Print \(opens in same window\)](#)

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

[SEE DETAILS](#)

Buy now

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

MORE RECIPES LIKE THIS



[Brown Rice with Spinach and Parmesan Cheese](#)

Cooking time

35 Minutes

Ingredients

10 items

[SEE DETAILS](#)



[Classic Shrimp Fried Rice](#)

Cooking time

15 minutes

Ingredients

9 items

[SEE DETAILS](#)



[Brown Rice & Apple Salad](#)

Cooking time

20 minutes

Ingredients

9 items

[SEE DETAILS](#)



[Cheesy Chicken Broccoli Rice Bake](#)

Cooking time

45 Minutes

Ingredients

9 items

[SEE DETAILS](#)

Source URL: <https://www.bensoriginal.com/recipes/smoky-bbq-roast-pork-tenderloin-rice>