

BBQ Pork with Peach Salsa

9 ingredients · 4 hours · 3 servings



Directions

1. Place the pork and barbecue sauce in a ziplock bag and massage until well coated. Refrigerate overnight or at least 3 hours.
2. Meanwhile, make your peach salsa. In a bowl, combine diced peach, red onion, tomato, lemon juice, cilantro, salt and pepper. Refrigerate until ready to serve.
3. When ready to cook, preheat grill on medium heat.
4. Place pork on the grill and cook for about 20 to 25 minutes. At the halfway mark, flip over and baste generously with leftover marinade.
5. Increase the grill to high heat and cook an additional 2 to 3 minutes until pork is a bit charred and completely cooked through. During this time, baste the pork with the leftover marinade 1 to 2 more times. Let rest for at least 10 minutes.
6. Slice BBQ pork and serve over spinach. Top with peach salsa and enjoy!

Notes

No BBQ

Roast marinated pork in the oven at 350°F (177°C) and follow the same instructions. Switch to the broiler for the final 2 to 3 minutes.

Make it Spicy

Add chopped jalapeno pepper or cayenne pepper to the salsa.

Chinese BBQ Pork

Mix honey with your leftover marinade and generously baste your pork while it is cooking. Repeat several times.

Ingredients

- 454 grams** Pork Tenderloin
- 1/2 cup** Barbecue Sauce
- 2** Peach (pitted and diced)
- 1/4 cup** Red Onion (finely diced)
- 1** Tomato (diced)
- 1/4** Lemon (juiced)
- 1/2 cup** Cilantro (chopped)
- Sea Salt & Black Pepper (to taste)
- 3 cups** Baby Spinach

Nutrition

Amount per serving

Calories	301	Monounsaturated	1g
Fat	4g	Carbs	32g
Saturated	1g	Fiber	3g
Trans	0g	Sugar	24g
Polyunsaturated	1g	Protein	34g