

## 6 Dinners Menu (Week 10)

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\*Recipes 1, 3, and 5 all use pork. Recipe 1 makes extra pork tenderloin for Recipes 3 and 5.

# Herb and Garlic Crusted Pork Tenderloin with Roasted Broccoli

(Makes extra pork for Recipes 3 and 5)

## Ingredients:

- 3 pork tenderloins (about 3 lbs total - 1 for this meal, 2 for Recipes 3 and 5)
- 2 large heads broccoli, cut into florets (about 1.5 lbs)
- 1 lb baby potatoes, halved
- 3 tablespoons olive oil, divided
- 4 cloves garlic, minced, divided
- 2 tablespoons fresh rosemary, chopped
- 1 tablespoon fresh thyme leaves
- 1 teaspoon fennel seeds, crushed (optional)
- 1 lemon, zested and juiced
- 1 tablespoon Dijon mustard
- Salt and pepper to taste

## Directions:

1. Preheat oven to 425°F. Line a sheet pan with parchment paper.
2. In a small bowl, combine 1 tablespoon olive oil, half the garlic, rosemary, thyme, fennel seeds (if using), lemon zest, Dijon mustard, salt, and pepper.
3. Pat all pork tenderloins dry and season with salt and pepper.
4. Place all 3 tenderloins on the sheet pan. Brush only ONE tenderloin with the herb mixture (this is for tonight's meal). Leave the other 2 plain and label for Recipes 3 and 5.
5. Toss broccoli and potatoes with remaining olive oil, garlic, lemon juice, salt, and pepper. Arrange around the pork.
6. Roast for 25-30 minutes until pork reaches 145°F and vegetables are tender.
7. Let pork rest 5 minutes before slicing the herb-crusted tenderloin. Store the remaining two tenderloins in labeled containers.

**Nutrition per serving:** Calories: 430 | Protein: 36g | Carbs: 28g | Fat: 19g

# Crispy Baked Fish Tacos with Cilantro-Lime Rice

(Makes extra rice for Recipe 3)

## Ingredients:

- 1.5 lbs white fish fillets (cod, tilapia, or mahi-mahi)
- 8 corn tortillas
- 1 cup panko breadcrumbs
- 2 tablespoons taco seasoning
- 2 eggs, beaten
- 1/4 cup all-purpose flour
- 2 tablespoons olive oil

## For the slaw:

- 4 cups shredded cabbage (green/purple or mix)
- 1 carrot, julienned
- 1/4 cup cilantro, chopped
- 3 tablespoons lime juice
- 2 tablespoons olive oil
- 1 tablespoon honey
- Salt and pepper to taste

## For the rice:

- 3 cups white rice (1.5 cups for this meal, 1.5 cups reserved for Recipe 3)
- 3 cups chicken broth
- 1 tablespoon butter
- 1 lime, zested and juiced
- 2 tablespoons cilantro, chopped
- 1/2 teaspoon cumin
- Salt to taste

## For serving:

- 1 avocado, sliced
- Lime wedges
- Hot sauce (optional)
- 1/4 cup Mexican crema or sour cream

## Directions:

1. Rinse rice until water runs clear. Combine with broth and butter in a pot. Bring to boil, reduce heat, cover, and simmer 15-18 minutes until tender. Reserve 1.5 cups for Recipe 3.
2. Preheat oven to 400°F. Line a baking sheet with parchment paper.
3. Cut fish into 2-inch strips. Pat dry.
4. Dredge fish in flour, dip in egg, coat in panko + taco seasoning.
5. Place on baking sheet, drizzle with olive oil, and bake for 15-20 minutes.
6. While fish bakes, prepare the slaw by mixing all ingredients in a bowl.
7. Fluff cooked rice. Mix half with lime zest, juice, cilantro, cumin, and salt.
8. Warm tortillas. Assemble tacos with fish, slaw, avocado, crema. Serve with lime rice and hot sauce.

**Nutrition per serving (2 tacos):** Calories: 450 | Protein: 32g | Carbs: 38g | Fat: 20g

## Pork Fried Rice with Spring Vegetables

(Uses pre-cooked pork from Recipe 1 and rice from Recipe 2)

### Ingredients:

- 1 pre-cooked pork tenderloin, diced
- 3 cups reserved cooked rice from Recipe 2 (1.5 cups dry)
- 2 cups snap peas, halved
- 2 carrots, diced
- 1 red bell pepper, diced
- 3 green onions, sliced (whites and greens separated)
- 2 eggs, beaten
- 3 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 3 tablespoons soy sauce
- 1 tablespoon sesame oil
- 2 tablespoons vegetable oil
- 1 tablespoon rice vinegar
- 1 teaspoon honey
- 1 tablespoon sesame seeds
- Sriracha or chili garlic sauce (optional)

### Directions:

1. Heat 1 tbsp oil in a large wok over medium-high heat. Scramble eggs, remove to plate.
2. Add remaining oil to wok. Stir-fry onion whites, garlic, ginger (30 sec).
3. Add carrots and pepper (2-3 min), then snap peas (2 min).
4. Add diced pork; stir until heated.
5. Add rice, breaking clumps. Stir-fry until hot (3-4 min).
6. Mix soy sauce, sesame oil, vinegar, honey. Pour over rice and toss.
7. Add eggs back in, mix gently. Garnish with green onion tops and sesame seeds.

**Nutrition per serving:** Calories: 460 | Protein: 28g | Carbs: 54g | Fat: 16g

# Creamy Mushroom and Spinach Gnocchi

## Ingredients:

- 2 (16 oz) packages gnocchi
- 1 lb mixed mushrooms, sliced
- 4 cups spinach
- 1 shallot, diced
- 4 cloves garlic, minced
- 1 cup heavy cream
- 1/2 cup broth (veg or chicken)
- 1/2 cup Parmesan cheese, grated
- 2 tbsp butter
- 2 tbsp olive oil
- 1 tbsp thyme leaves
- 1/4 tsp nutmeg
- 1/4 cup parsley, chopped
- Salt, pepper, red pepper flakes (optional)

## Directions:

1. Heat oil and butter in skillet over medium-high. Add mushrooms, cook undisturbed for 2-3 min, then stir until golden.
2. Add shallot and garlic (1 min). Stir in thyme.
3. Deglaze with broth.
4. Meanwhile, cook gnocchi per package, reserve 1/2 cup water.
5. Add cream and nutmeg to mushrooms. Simmer 2-3 min.
6. Stir in spinach until wilted.
7. Add gnocchi, reserved water as needed. Mix in Parmesan.
8. Season and garnish with parsley.

**Nutrition per serving:** Calories: 520 | Protein: 14g | Carbs: 60g | Fat: 28g

# Pork Banh Mi Bowls with Pickled Vegetables

(Uses pre-cooked pork from Recipe 1)

## Ingredients:

- 1 pre-cooked pork tenderloin, thinly sliced
- 1.5 cups uncooked white rice (makes ~3 cups cooked)
- 1 cucumber, thinly sliced
- 2 carrots, julienned
- 1 daikon radish, julienned (optional)
- 1/2 red cabbage, thinly sliced
- 1 jalapeño, thinly sliced (optional)
- 1/4 cup rice vinegar
- 2 tbsp sugar
- 1 tsp salt
- 1/4 cup cilantro, chopped
- 1/4 cup mint, chopped
- 2 tbsp soy sauce
- 1 tbsp fish sauce
- 1 tbsp lime juice
- 1 tbsp honey
- 1 clove garlic, minced
- Sriracha mayo (1/4 cup mayo + 1-2 tsp sriracha)

## Directions:

1. Pickle vegetables: mix vinegar, sugar, salt until dissolved. Add carrots, daikon, jalapeño. Let sit 30+ min (can be done ahead).
2. Cook rice per package.
3. Whisk soy sauce, fish sauce, lime juice, honey, garlic.
4. Reheat pork in microwave or skillet with splash of water. Toss with half the dressing.
5. Assemble bowls: rice, pork, drained pickled veg, cucumber, cabbage.
6. Drizzle remaining dressing and sriracha mayo. Garnish with herbs.

**Nutrition per serving:** Calories: 480 | Protein: 30g | Carbs: 62g | Fat: 14g

# Shakshuka with Feta and Herb Pita

## Ingredients:

- 8 eggs
- 2 (14.5 oz) cans diced tomatoes
- 1 red bell pepper, diced
- 1 yellow onion, diced
- 3 cloves garlic, minced
- 2 tbsp tomato paste
- 1 tsp cumin
- 1 tsp paprika
- 1/2 tsp chili powder
- 1/4 tsp cayenne (optional)
- 1/2 cup feta, crumbled
- 1/4 cup parsley, chopped
- 2 tbsp olive oil
- 4 whole wheat pita breads

## For herb pita:

- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp za'atar (optional)
- 1 tbsp parsley, chopped
- Salt to taste

## Directions:

1. Preheat oven to 375°F.
2. Heat oil in oven-safe skillet. Cook onion & pepper ~5 min.
3. Add garlic, cook 1 min. Stir in tomato paste and spices. Cook 1 min.
4. Add diced tomatoes and juice. Simmer 10 min until thickened.
5. Make 8 indentations, crack eggs into each.
6. Sprinkle with feta. Bake 7-10 min (soft yolks) or longer for firmer.
7. Mix herb pita topping. Brush on pitas and warm in oven for final 2-3 min.
8. Garnish shakshuka with parsley. Serve with herb pita.

**Nutrition per serving:** Calories: 440 | Protein: 22g | Carbs: 35g | Fat: 24g