



TERIYAKI PORK TENDERLOIN WITH ROASTED GREEN BEANS

SERVINGS: 4

PREPPING TIME: 1 HR

COOKING TIME: 45 - 55 MINUTES

Ingredients

- 2 lbs pork tenderloin
- 1/2 cup coconut aminos or low-sodium soy sauce
- 1/4 cup pineapple juice or 1/4 cup fresh pineapple
- 1 tablespoon Truvia brown sugar
- 2 tablespoons rice wine vinegar
- 2 teaspoon minced ginger
- 2 cloves garlic
- 3 tsp olive oil
- 6 cups fresh green beans
- 1/2 tsp salt

Notes

Per Serving: 1 Lean, 2 condiments, 2 healthy fats, 3 greens

Directions

1. Make marinade: combine aminos, pineapple or juice, Truvia brown sugar, ginger, garlic, and vinegar together. If using pineapple, I suggest using a mini food processor.
2. Place the pork tenderloin in a plastic bag or container and cover with marinade for at least an hour or overnight in fridge.
3. Preheat oven to 425F.
4. Line baking tray with foil. Place green beans on tray and toss with salt and olive oil. Roast for ~25 minutes.
5. While beans are roasting, place tenderloin in Instant Pot with 1/2 cup water. Pressure cook on high pressure for 5 minutes. After the cook time is up, let the pressure naturally release for 5 minutes. Quick release any remaining pressure.
6. Open the pressure cooker and check the pork's temperature with a probe thermometer – the ideal temperature is at least 145°F. If needed, lock the lid back in place and continue to cook in the residual heat for 2 minutes more.
7. Meanwhile, bring the marinade to a boil and then turn to low simmer to create the sauce.
8. Let pork rest for 2 minutes. Slice and serve 7 oz of pork with 1 1/2 cups of green beans.

I hope you enjoy this recipe!

Independent Health Coach, Holly Andrews, 828-949-1817

Find the full video on YouTube @hollyandrewscoaching