



CHILI-GLAZED PORK WITH SWEET POTATO HASH

SERVES: 4

TOTAL TIME: 25 MINUTES

INGREDIENTS

- 1 pork tenderloin
- 1 tablespoon and 1 teaspoon olive oil
- 1 teaspoon chili powder
- Salt
- Black pepper
- 2 tablespoons pure maple syrup
- 2 medium sweet potatoes
- 2 large shallots, chopped
- 140 grams baby spinach, chopped
- Hot sauce (optional)

MACROS PER PORTION

CALORIES	366	PROTEIN	35
CARBS	33	FATS	10
FIBRE	5		

INSTRUCTIONS

Heat your grill to medium.

Place the pork on a foil-lined rimmed baking sheet and rub with 1 teaspoon of the oil, the chili powder and ¼ teaspoon each of salt and pepper.

Grill, turning and basting with the maple syrup twice, until cooked through. Set aside to rest for 5 minutes before slicing.

Meanwhile, grate the sweet potatoes.

Heat the remaining oil in a large non-stick pan over a medium-high heat.

Add the shallots and cook, stirring occasionally, until beginning to brown, then add the potatoes and cook, tossing occasionally, until tender. Finally, add the spinach and cook, tossing until wilted.

Serve the pork and potatoes in bowls splashed with the hot sauce, if desired.