

# CITRUSY PORK SALAD

**Time: 20 minutes**

**Serves: 4**

### Ingredients:

1 tablespoon Dijon mustard  
 $\frac{3}{4}$  teaspoon kosher salt  
 $\frac{1}{2}$  teaspoon fresh ground black pepper  
1 pound pork tenderloin – cubed to  $\frac{3}{4}$ "  
4 tablespoons extra-virgin olive oil  
2 tablespoons fresh lime juice  
 $\frac{1}{4}$  teaspoon stevia  
 $\frac{1}{2}$  cup flat leaf parsley – chopped  
1 red onion – finely sliced  
8 cups leaf lettuce – torn

### Preparation:

In a medium bowl, mix together the Dijon,  $\frac{1}{2}$  teaspoon of the salt and  $\frac{1}{4}$  teaspoon of the pepper. Add the pork, tossing to coat.

Place a heavy cast pan on medium-high heat and add one tablespoon of the olive oil. When the oil is hot, add the pork mixture, stirring occasionally for seven minutes or until the pork is browned and cooked through then remove from heat and set aside.

While the pork is cooking, in a medium bowl, mix together the remaining salt and pepper along with the lime juice and stevia. Whisk in the remaining olive oil to make a dressing. Add the pork cubes, parsley and onion to the dressing, tossing to coat evenly.

Plate the lettuce and top with the dressed pork, serving immediately.

### Nutritional Information Per Serving:

Calories: 284  
Fat: 18g  
Carbs: 6g  
Fibre: 2g  
Protein: 25g