

# PINEAPPLE BRAISED PORK

**Time: 60 minutes**

**Serves: 6**

### Ingredients:

20g grapeseed or other neutral-flavoured oil  
800g pork tenderloin  
5g kosher salt  
10g chili powder  
1 red bell pepper - seeded and sliced  
1 green bell pepper seeded and sliced  
1 yellow onion - seeded and sliced  
398ml can pineapple chunks or diced pineapple with juice

### Preparation:

Preheat oven to 350F.

Place a Dutch oven on medium-high heat and add the oil.

Mix the salt and chili together, evenly coating the tenderloin with it.

Cut the tenderloin if necessary to fit in the Dutch oven in one layer. Cook for a minute on each side.

Remove the Dutch oven from heat and top the tenderloin with the remaining ingredients.

Cover and place in the oven for 45 minutes or until pork is tender.

Remove from oven and serve family style.

### Nutritional Information Per Serving:

Calories: 247  
Fat: 8g  
Carbs: 15g  
Fibre: 2g  
Protein: 29g