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difficulty rating

serving size: 4 | **prep time:** 10 minutes | **cook time:** 45 minutes | **cut:** roast | **method:** roasted

roasted pork roast with shaved fennel, carrot and apple salad

Succulent pork roast complemented with a fresh side salad creates the perfect balance of flavor in this delicious, easy-to-make recipe.

INGREDIENTS:

- 1 *Chairman's Reserve*® Pork roast
- 1 tablespoon olive oil, divided
- 1 ½ teaspoons kosher salt
- ¾ teaspoon fresh cracked black pepper

SHAVED FENNEL, CARROT AND APPLE SALAD:

- 1 fennel bulb
- 4 oz tricolor carrots, peeled
- 1 Granny Smith apple
- ¼ cup fennel fronds
- 2 teaspoons lemon zest
- ½ teaspoon minced shallot
- ¾ teaspoon sugar
- ½ teaspoon kosher salt
- ¼ teaspoon fresh cracked black pepper
- 2 teaspoons olive oil
- 1 teaspoon lemon juice

DIRECTIONS:

1. Preheat oven to 350°F.
2. Pat roast dry; trim fat or connective tissue.
3. Rub 1 ½ teaspoons olive oil on roast; sprinkle with salt and pepper.
4. In a medium saute pan over high heat, add remaining 1 ½ teaspoons olive oil. Heat 3 to 4 minutes or until shimmering.
5. Add roast; sear on all sides for 10 to 15 minutes or until it is rich and golden-brown.
6. Transfer roast to a rack over a parchment-lined oven-safe pan.
7. Roast in oven for 35 to 45 minutes or until the internal temperature reaches 140°F.
8. Remove from oven; let rest 10 minutes before serving.
9. Wash and dry fennel, carrots and apple.
10. With a mandoline, thinly shave fennel bulb. Discard stalks; reserve fronds.
11. Set mandoline to make matchsticks. Cut carrots and apple into matchstick pieces.
12. In a medium-large bowl, combine fennel, carrots, apple, fennel fronds, lemon zest, shallot, sugar, salt, pepper, olive oil and lemon juice; toss until well incorporated.
13. Divide salad into four portions; serve immediately.

servings: 4 | **calories:** 430 | **total fat:** 18g | **sodium:** 1120mg | **total carbohydrate:** 14g | **protein:** 50g