

Grilled Pork Tacos with Apple and Fennel

Chef *Teddy* of Lloyd Taco

RECIPE MAKES: 10 SERVINGS

INGREDIENTS

- ♥ 16 oz. lean pork tenderloin
- ♥ 10 corn tortillas 6", unsalted
- ♥ Pinch salt
- ♥ Pinch pepper
- ♥ Pinch ground toasted fennel seed
- ♥ 1 oz. olive oil
- ♥ 3 large apples (peeled and medium diced)
- ♥ 2 bulbs fennel (cleaned and small diced)
- ♥ 4 oz. golden raisins
- ♥ 2 oz. cider vinegar
- ♥ ½ oz. olive oil
- ♥ 2 oz. brown sugar
- ♥ 4 oz. chopped toasted pecans
- ♥ 1 green apple
- ♥ 1 bulb fennel
- ♥ ½ oz. olive oil
- ♥ 1 ½ oz. apple cider vinegar

NUTRITION INFO

Nutrition Facts	
servings per container	
Serving size	(273g)
Amount per serving	
Calories	360
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 260mg	11%
Total Carbohydrate 44g	16%
Dietary Fiber 5g	18%
Total Sugars 26g	
Includes 6g Added Sugars	12%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 108mg	8%
Iron 2mg	10%
Potassium 742mg	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

PREPARATION

Pork:

1. Rub pork with oil and season lightly with salt, pepper and toasted fennel
2. Grill or sear in a cast iron pan until desired temperature
3. Let rest 10 minutes before slicing for tacos

Apple Chutney

4. Put oil in a medium saucepot over medium high heat
5. Add fennel and cook about 2 minutes until translucent
6. Add apples and cook another 2 minutes
7. Add vinegar, brown sugar and raisins and bring to quick boil then reduce to low simmer
8. Cook 15- 20 minutes until becomes thicker and the apples have broken down a little
9. Toss in pecans and keep warm for taco building

Salad:

10. Clean the apple and remove the stem, clean fennel and reserve the fronds
11. Slice very thin on mandolin slicer or with a knife
12. In a bowl, mix the oil, vinegar and salt to make a dressing
13. Toss the apple, fennel in the bowl
14. Chop some of the fennel fronds and add to the salad
15. Reserve in the cooler for taco building

Taco Building: warm the tortillas on a griddle, grill or pan (can be done a few minutes ahead and kept warm wrapped in foil).

- Slice the pork as thin as you can and place about 1- 1.5 oz. on each tortilla
- Spoon about 1- 1.5 oz. of the chutney on top
- Top it all off with a pinch of the salad

