



Spice-Rubbed Pork Tenderloin with Mango Relish

INGREDIENTS:

SPICE RUB

- 1 tbs chili powder
- 2 tbs brown sugar
- 2 tbs paprika
- 1/2 tsp cumin
- 1/2 tsp onion powder
- 1/2 tsp granulated garlic
- 1/2 tsp dry oregano or any dry herb
- 1 tsp salt and pepper mix
- 2 (6 oz) pork chops

MANGO RELISH

- 1 mango, diced
- 1 green onion, sliced thin
- 1 tbs cilantro, chopped
- 2 tsp serracha
- 1 tsp rice wine vinegar
- 1 tsp sugar

DIRECTIONS:

1. In a small bowl, mix all spice rub ingredients in a bowl until well combined.
2. Evenly coat pork chops on all sides.
3. In a medium heated pan, with just enough olive oil to coat the bottom of the pan, cook pork chops on all sides until desired doneness is reached.
4. Remove from pan and let rest.
5. In a new bowl, combine all mango relish ingredients well and garnish cooked pork chops with finished relish.