



Spanish Pork & Rice

4 servings

Prep Time: 15 minutes Cook Time: 15 minutes

1 pork tenderloin (about 1 lb), cut into ½ inch medallions

1/2 tsp. ground cumin

1/4 tsp. chili powder

1 Tbsp. olive oil

2 cups sliced red and/or green bell peppers

2 cups water

1 package Knorr® Fiesta Sides™ - Spanish Rice

2 Tbsp. pickled jalapeno pepper

1 Tbsp. chopped fresh cilantro

Season pork with cumin, chili powder and, if desired, salt .

Heat olive oil in large nonstick skillet over medium-high heat and cook pork, turning once, about 2 minutes. Remove from skillet; set aside.

Cook red peppers in same skillet over medium heat, stirring occasionally, until crisp-tender, about 2 minutes. Stir in water Knorr® Fiesta Sides™ - Spanish Rice and pork.

Bring to a boil over high heat. Reduce heat to low and simmer covered 7 minutes or until Rice is tender and pork is done. Remove from heat stir in jalapeno pepper. Let stand 2 minutes. Sprinkle with cilantro.

Nutritional Information 1 serving :

Calories 340 , Calories from Fat 70 , Total Fat 8 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 75 mg, Sodium 530 mg, Total Carbs 36 g, Dietary Fiber 3 g, Sugars 5 g, Protein 28 g, Vitamin A 60 %, Vitamin C 250 %, Calcium 2 %, Iron 20 %