



Mojo Pork & Pineapple Quinoa Bowl

Serves: 4 • Ready in: 30 Minutes

Mojo Pork Marinade

1½ lbs pork tenderloin
2 tbsp olive oil
Juice of 2 oranges
Juice of 2 limes
5 cloves garlic, minced
1 tbsp 1PL8 Herb Salt
1 tsp cumin
1 tsp oregano
½ tsp smoked paprika
Fresh black pepper
Marinate for 20–30 minutes.

Quinoa

1 cup quinoa
2 cups chicken broth
1 tsp 1PL8 Herb Salt

Bowl Ingredients

2 cups grilled pineapple, diced
1 avocado, diced
1 cup shredded red cabbage
1 cup shredded carrots
1 cup cucumber, diced
½ cup black beans
Fresh cilantro
Lime wedges

Cilantro Lime Dressing

¼ cup olive oil
Juice of 2 limes
2 tbsp orange juice
1 tbsp honey
2 tbsp chopped cilantro
1 tsp Dijon mustard
1 tsp 1PL8 Herb Salt

- Blend until smooth.



Directions

1. Grill over medium-high heat until the internal temperature reaches 145°F.

- Rest for 5–10 minutes before slicing.

2. Grill the Pineapple, cook for about 2 minutes per side until caramelized.

3. Cook the Quinoa, according to package directions using chicken broth for extra flavor.

4. Assemble

Layer:

- Quinoa
- Mojo pork
- Grilled pineapple
- Black beans
- Cabbage
- Carrots
- Cucumber
- Avocado
- Fresh cilantro
- Finish with the cilantro lime dressing.

- **Chef Rich's Cooking Tip:**

“Pork tenderloin is incredibly lean, so don't overcook it. Pull it off the grill at 145°F, let it rest, and you'll have juicy, tender slices every time.”

- **Fun Health Fact:**

Pineapple contains bromelain, a natural enzyme that helps break down protein and may support healthy digestion.

