

Jerk Pork Tenderloin and Pineapple Salsa

Ingredients:

Protein

- 1¼ lb pork tenderloin

Grains

- 1 cup long-grain rice, rinsed

Produce

- 1 small pineapple (about 2 lbs; peeled, cored, and chopped into ½-inch pieces, about 3 cups)
- ½ small red onion, finely chopped
- ½ jalapeño, seeded and finely chopped
- ¼ cup fresh cilantro, finely chopped
- Lime wedges (for serving)

Oils, Acids & Seasoning

- 2 Tbsp dry jerk seasoning
- 2 Tbsp olive oil
- 3 Tbsp fresh lime juice
- ¼ tsp kosher salt
- 1¼ cups water
- ½ tsp salt (for salsa)