



Grilled Rosemary Pork Flatbreads with Peaches and Mascarpone

READY IN



1500 min.

SERVINGS



8

CALORIES



427 kcal

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 tablespoons rosemary fresh chopped
- ☐ 8 garlic cloves chopped
- ☐ 2 teaspoons honey organic
- ☐ 1 teaspoon kosher salt
- ☐ 2 lemon zest
- ☐ 0.5 cup mascarpone cheese
- ☐ 4 naan breads each 9 by 7 in.
- ☐ 3 tablespoons olive oil extra-virgin

- ☐ 3 medium firm-ripe peaches cut into 1/2-in. wedges
- ☐ 0.5 teaspoon pepper
- ☐ 1 lb pork tenderloin
- ☐ 8 servings sea salt fine
- ☐ 1 vanilla pod split cut in half crosswise

Equipment

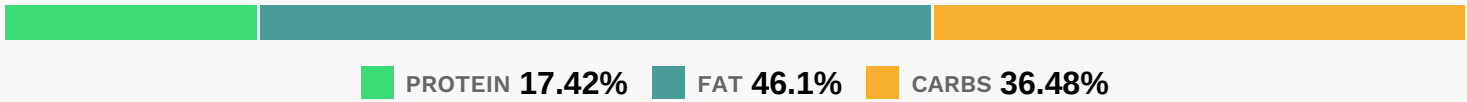
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ plastic wrap
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ tongs
- ☐ cutting board

Directions

- ☐ Whisk garlic, rosemary, lemon zest, 3 tbsp. oil, the kosher salt, and pepper together in a small bowl.
- ☐ Spread garlic paste all over pork, then wrap pork in a double layer of plastic wrap, put on a plate, and chill overnight.
- ☐ Mix mascarpone with honey and chill.
- ☐ Set a large cast-iron skillet on grill and heat grill to medium-high (450).
- ☐ Brush skillet with 1 tsp. oil and add pork. Cook, covered, until pork is well browned and crusty underneath, 7 to 8 minutes. Turn and cook, covered, to brown all sides, 10 to 15 minutes more, or until an instant-read thermometer registers 15
- ☐ Put peach wedges, meanwhile, in a medium bowl. Scrape vanilla seeds from pod into bowl, then toss in pod.
- ☐ Transfer meat to a cutting board and let rest, covered with foil, 10 minutes. Slice thinly.

- ☐ While pork is resting, swirl butter in hot cast-iron pan, then add vanilla and peaches in a single layer with tongs. Cook peaches until caramelized on cut sides, 10 to 15 minutes. If your grill is big enough, turn a burner off and set naan over turned-off burner to warm. Otherwise, set peaches aside, covered; then quickly toast naan on grill.
- ☐ To eat, tear off a piece of naan, spread with mascarpone, and top with a slice or 2 of pork, some peach wedges, and a sprinkle of sea salt.
- ☐ Make-ahead & packing tips: Marinate pork and make mascarpone honey 1 day ahead. Pack both in a cooler.
- ☐ Cut peaches up to 2 hours ahead, toss with 1 tsp. lemon juice, and pack with vanilla beans and pod; add to cooler.

Nutrition Facts



Properties

Glycemic Index:25.57, Glycemic Load:2.99, Inflammation Score:-4, Nutrition Score:10.350434707559%

Flavonoids

Cyanidin: 1.08mg, Cyanidin: 1.08mg, Cyanidin: 1.08mg, Cyanidin: 1.08mg Catechin: 2.77mg, Catechin: 2.77mg, Catechin: 2.77mg, Catechin: 2.77mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 426.62kcal (21.33%), Fat: 21.61g (33.25%), Saturated Fat: 8.15g (50.95%), Carbohydrates: 38.49g (12.83%), Net Carbohydrates: 36.33g (13.21%), Sugar: 8.24g (9.15%), Cholesterol: 63.4mg (21.13%), Sodium: 975.9mg (42.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.38g (36.76%), Vitamin B1: 0.58mg (38.51%), Selenium: 18.85µg (26.93%), Vitamin B6: 0.49mg (24.51%), Vitamin B3: 4.24mg (21.19%), Phosphorus: 156.36mg (15.64%), Vitamin B2: 0.22mg (12.7%), Vitamin A: 485.17IU (9.7%), Vitamin E: 1.38mg (9.2%), Potassium: 312.79mg (8.94%), Fiber: 2.16g (8.65%), Zinc: 1.24mg (8.28%), Calcium: 75.59mg (7.56%), Vitamin C: 5.3mg (6.42%), Vitamin B5: 0.59mg (5.94%), Manganese: 0.12mg (5.79%), Copper: 0.11mg (5.44%), Magnesium: 21.57mg (5.39%), Vitamin K: 5.35µg (5.09%), Vitamin B12: 0.3µg (5.01%), Iron: 0.89mg (4.95%), Vitamin D: 0.17µg (1.13%), Folate: 4.37µg (1.09%)