



Surf And Turf: Pork and Shrimp with Garlic (Cerdo y Gambas al Ajillo)

READY IN



140 min.

SERVINGS



8

CALORIES



776 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 tablespoons butter
- ☐ 16 ounce black beans canned
- ☐ 16 ounce beans red canned
- ☐ 1 cup chicken stock see
- ☐ 4 garlic cloves
- ☐ 2 teaspoons garlic powder
- ☐ 1 tablespoon grapeseed oil

- ☐ 2 tablespoons grapeseed oil
- ☐ 0.3 cup honey
- ☐ 1 small jalapeno or any hot peppers) seeds removed and minced (use gloves when handling these
- ☐ 1 cup mango juice with no additional sugar added
- ☐ 2 pound pork loin
- ☐ 1 tablespoon rice wine vinegar
- ☐ 1.5 teaspoon salt
- ☐ 8 servings salt black freshly ground
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 1 shallots minced
- ☐ 1 pound shrimp deveined (21 to 30-count)
- ☐ 2 cups rice white

Equipment

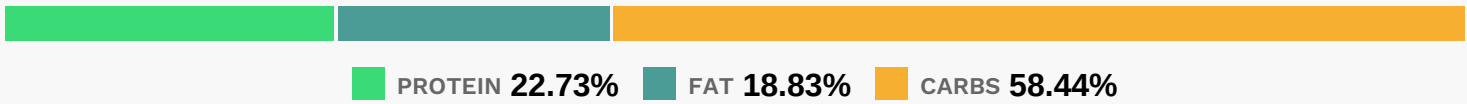
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Rub the pork loin with salt, pepper, and garlic powder. In a large skillet with oven safe handles, heat the grapeseed oil over medium-high heat and sear the pork loin on all sides. Cover with foil and roast in the oven until fork tender, about 35 to 45 minutes to 1 hour. At the 30 minute mark, you will remove the foil and brush some of the mango honey sauce on the pork.
- ☐ Bring 5 cups water to a boil in a saucepan with a lid.
- ☐ Add rice, butter and salt. Return to a boil, cover, reduce heat to low and let cook for 20 minutes without removing the lid.

- ☐ After the pork loin has been placed in the oven, begin the mango honey sauce. In a saucepan, heat the grapeseed oil over medium-high heat and saute shallot until translucent, about 2 minutes.
- ☐ Stir in jalapeno and vinegar and cook for about 1 minute.
- ☐ Add chicken stock and mango juice, bring to a boil. Allow to reduce by 2/3, about 10 minutes. Stir in the honey and allow to thicken, about 2 minutes. Reserve about 1/2 cup of the sauce in a small bowl, cover and keep warm by immersing in a larger container of hot water.
- ☐ Uncover the pork and brush some of the mango glaze on the pork and allow to caramelize on the surface of the meat in the oven.
- ☐ Remove the rice from the heat and let sit covered for a minutes.
- ☐ Heat the beans over medium heat and keep warm.
- ☐ Remove pork from oven and let rest.
- ☐ Fold the beans into the rice, cover and let rest.
- ☐ For the shrimp, heat the grapeseed oil over medium heat in a skillet and add the butter to melt.
- ☐ Add the garlic and saute for a couple of minutes, being careful not to burn it.
- ☐ Add the shrimp and cook until just pink and opaque and remove from heat. (Do not overcook the shrimp.)
- ☐ Slice down the pork. Spoon some rice and beans into the center of serving plate. Arrange slices of sliced pork on top and arrange approximately 4 shrimp around.
- ☐ Drizzle with reserved mango sauce.

Nutrition Facts



Properties

Glycemic Index:83.4, Glycemic Load:48.38, Inflammation Score:-6, Nutrition Score:28.773478186649%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.03mg, Myricetin:

0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 776.03kcal (38.8%), Fat: 16.07g (24.72%), Saturated Fat: 5.05g (31.58%), Carbohydrates: 112.22g (37.41%), Net Carbohydrates: 102.5g (37.27%), Sugar: 15.13g (16.81%), Cholesterol: 83.63mg (27.88%), Sodium: 939.71mg (40.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.66g (87.31%), Selenium: 76.88µg (109.82%), Manganese: 1.43mg (71.53%), Vitamin B6: 1.17mg (58.27%), Phosphorus: 556.91mg (55.69%), Vitamin B1: 0.75mg (50.1%), Vitamin B3: 9.41mg (47.05%), Fiber: 9.71g (38.86%), Potassium: 1027.89mg (29.37%), Magnesium: 113.26mg (28.32%), Copper: 0.56mg (28.12%), Zinc: 4.14mg (27.58%), Vitamin B2: 0.42mg (24.49%), Iron: 3.78mg (21.03%), Vitamin B5: 1.8mg (17.96%), Folate: 67.07µg (16.77%), Vitamin E: 1.99mg (13.27%), Vitamin B12: 0.59µg (9.79%), Calcium: 78.04mg (7.8%), Vitamin C: 5.18mg (6.28%), Vitamin K: 3.56µg (3.39%), Vitamin A: 154.89IU (3.1%), Vitamin D: 0.45µg (3.02%)