



# Orange Ginger Pork Loin

Marinated in Dijon mustard, orange juice, and thyme for a delicious dinner with a light citrus flavor.

## ADDITIONAL INGREDIENTS

Rice or potato of choice, green salad



**MEDIUM**  
*Meals feed 3-4*



**LARGE**  
*Meals feed 6-8*

**SLOW COOKER**

### *4-6 Hours*

Cook on low 4-6 hours, or to an internal temperature of 145° F.

Remove pork, slice, and return to juices for 5-10 minutes

### *6-8 Hours*

Cook on low 6-8 hours, or to an internal temperature of 145° F.

Remove pork, slice, and return to juices for 5-10 minutes

**PRESSURE COOKER**

### ***40 Minutes***

Cook on manual for 40 minutes, or to internal temperature of 145° F. Natural pressure release. May add ¼ cup liquid before cooking to bring to pressure.

Remove pork, slice, and return to juices for 5-10 minutes.

### ***60 Minutes***

Cook on manual for 60 minutes, or to internal temperature of 145° F. Natural pressure release. May add ½ cup liquid before cooking to bring to pressure.

Remove pork, slice, and return to juices for 5-10 minutes.

**SEASONING**

***For stronger flavors, add 30-60 minutes before serving:***

**Dijon mustard | ½ Tbsp**

**Ground ginger | ¼ tsp**

**Orange zest, to taste**

**Salt and pepper, to taste**

**Dijon mustard | 1 Tbsp**

**Ground ginger | ½ tsp**

**Orange zest, to taste**

**Salt and pepper, to taste**

### **SERVING INSTRUCTIONS**

Serve with rice or potato of choice and green salad.

### **ADDITIONAL SERVING SUGGESTIONS**

Serve with rice pilaf.

Add ½ cup apple juice half way through cooking for added moisture.

### **NUTRITION FACTS**

**Serving Size | 4 oz meat**

**Calories | 330**

**Total Fat | 14g**

**Carbs | 12g**

**Fiber | 0g**

**Protein | 34g**

**Sugars | 9g**

**Sat. Fat | 5g**

**Sodium | 1220mg**

Nutrition facts only include meal provided.