

## Orange Pork Roast with Cauliflower Rice

Pork a protein option to add some variety to your menu.

Cauliflower rice is a fantastic substitute for regular rice, greatly reducing carbs and calories.

Phase 2 Recipe for Ideal Protein Protocol

### Ingredients:

- 1/4 cup Dijon-style mustard
- 1/2 teaspoon ground red pepper, divided
- 1 teaspoon salt
- 1 3-pound boneless pork loin roast, rolled and tied
- 1 cup orange marmalade
- 2 to 3 tablespoons water
- Cauliflower rice (I use microwave version)

### Directions:

1. Preheat oven to 350 degrees.
2. In a small bowl, combine mustard, 1/4 teaspoon ground red pepper, and salt; rub mixture over roast then place on a rack in a shallow roasting pan.
3. Roast pork 1 to 1-1/2 hours, or until a meat thermometer registers 155 - 160 degrees.
4. In a small saucepan, combine orange marmalade, water, and remaining 1/4 teaspoon ground red pepper over low heat; stir and heat until melted and well combined.
5. Combine half the mixture with cauliflower rice.
6. Serve sliced roast over the cauliflower rice, topped with additional marmalade mixture.