

Ingredients for Cajun Rubbed Pork Tenderloin:

1.5 pound pork tenderloin
1 tbsp olive oil
1 – 2 tbsp Cajun spice rub
salt & pepper to taste

Ingredients for Caper Cole Slaw:

3 – 4 cups shredded green cabbage
2 – 3 tbsp sliced red onion
1 – 2 tsp capers (rinsed)
1 tbsp rice vinegar
1 tbsp mayonnaise
1/4 – 1/2 tsp raw agave nectar (or sugar)
salt & pepper to taste



Notes: Makes 2-4 sandwiches depending on size and filling. I used Italian Ciabatta, but any crusty, rustic bread will work. Grilling or baking time will vary for pork tenderloin based on thickness and size. The pork tenderloin I used in the [video](#) weighed one and a half pounds, was of an even thickness and took approximately 20 minutes. For added instruction and entertainment, watch the [video](#).

Directions:

1. **Prepare the pork loin.** Clean and dry tenderloin. Coat with olive oil and rub with Cajun seasoning, salt and pepper. **Cook the pork loin.** Grill or bake until internal temperature of loin is 160(F). If (direct) grilling, consider tenting with aluminum foil for extra heat and smoke. If baking, sear pork loin on the stove top, then bake in a 450(F) oven. Remove from heat and allow to rest before slicing.
2. **Make the slaw.** In a bowl, combine shredded cabbage, red onion, capers, rice vinegar, agave nectar, mayonnaise and salt & pepper. Store in the refrigerator until ready to use. Can be made in advance; flavors enhance and cabbage softens with time.
3. **Make the sandwich.** Thinly slice pork and return to juices accumulated during resting. Grill or toast Ciabatta. Pile pork onto one half of grilled Ciabatta. Pile slaw on top of pork. Top with other half of Ciabatta. For ease of cutting and eating, consider wrapping in wax paper. Enjoy with [Oven Baked Corn Fries](#). Happy Mardi Gras!