



Asian-Inspired Peanut Pork

with Zucchini Ribbons

Keto Special 30 Minutes



Pork Tenderloin
340 g | 680 g



Zucchini
2 | 4



Radish
3 | 6



Green Onion
2 | 4



Soy Sauce
1 tbsp | 2 tbsp



Peanut Butter
3 tbsp | 6 tbsp



Rice Vinegar
1 tbsp | 2 tbsp



Chili-Garlic Sauce
1 tbsp | 2 tbsp



Chili Pepper
1 | 2



Peanuts,
chopped
28 g | 56 g



Sesame Oil
1 tbsp | 2 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.
Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Oil, salt, pepper

Cooking utensils | Baking sheet, medium bowl, vegetable peeler, measuring spoons, large bowl, parchment paper, small bowl, measuring cups, whisk, large non-stick pan, paper towels

Measurements
within steps

1 tbsp	(2 tbsp)	oil
2 person	4 person	Ingredient

1



Cook pork

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Pat **pork** dry with paper towels. Cut **pork** in half crosswise.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **pork**. Sear, turning occasionally, until golden-brown, 6-8 min.
- Transfer **pork** to a parchment-lined baking sheet.
- Roast **pork** in the **top** of the oven until cooked through, 14-16 min.**

2



Prep

- Meanwhile, trim ¼ inch off of the **tops and bottoms of zucchinis**.
- Using a peeler, peel long ribbons down the length of the **zucchini**, stopping at the spongy centre.
- Cut **radishes** into ¼-inch rounds.
- Core, then finely chop **chili pepper**, removing seeds for less heat. (**TIP:** We suggest using gloves when prepping chilies!)
- Thinly slice **green onion**.

3



Mix sauce

- Whisk together **soy sauce**, **half the vinegar**, **half the sesame oil**, **chili-garlic sauce**, **peanut butter** and ¼ cup (½ cup) **water** in a medium bowl. Set aside.
- Add **radishes**, **green onions**, **remaining sesame oil** and **remaining vinegar** to a small bowl. Season with **salt** and **pepper**, then toss to coat. Set aside.

4



Cook zucchini ribbons

- Reheat the same pan (from step 1) over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **zucchini ribbons**. Cook, stirring often until tender-crisp, 2-3 min. Season with **salt** and **pepper**.
- Transfer **zucchini ribbons** to a large bowl. Set aside.

5



Finish sauce

- Reheat the same pan over medium.
- Add **peanut sauce** to the pan. Stir to warm through, 1 min.
- Add **zucchini ribbons** back to the pan, then gently toss to coat.

6



Finish and serve

- Thinly slice **pork**.
- Divide **zucchini ribbons** between bowls. Top with **pork**.
- Top with **sesame radishes** and **peanuts**.
- Sprinkle over **chilis**, if desired.

** Cook to a minimum internal temperature of 71°C/160°F, as size may vary.



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