

Asian-Inspired Peanut Pork

with Zucchini Ribbons

Keto Special

30 Minutes





Pork Tenderloin 340 g | 680 g









Green Onion

3 | 6





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







Peanuts, chopped **28 g | 56 g**



Sesame Oil



Allengens 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.



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



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 goldenbrown, 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.**



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.



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.



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.



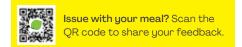
Finish sauce

- 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.



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.



Measurements

within steps

1 tbsp

(2 tbsp)

oil