



MAY
2017

Glazed Pork Tenderloin

with Basmati Rice and Veggie Jumble

This Asian-inspired meal packs all the flavour of your restaurant favourites. The only difference? It's way healthier. Lean pork tenderloin is roasted with soy sauce, honey and a bit of Dijon mustard. Then, it's plated on top of a colourful bed of veggies and hearty rice.



Pork Tenderloin



Basmati Rice



Red Bell Pepper



Snow Peas



Carrot



Green Onion



Soy Sauce



Dijon Mustard



Honey

Ingredients

	2 People	4 People
Pork Tenderloin	1 pkg (340 g)	2 pkg (680 g)
Basmati Rice	1 pkg (170 g)	2 pkg (340 g)
Red Bell Pepper	1	2
Snow Peas, trimmed	1 pkg (227 g)	2 pkg (454 g)
Carrot, coins	1 pkg (170 g)	2 pkg (340 g)
Green Onion	2	4
Soy Sauce	1) 2)	2 pkg (2 tbsp)
Dijon Mustard	3) 4)	1 pkg (1½ tsp)
Honey		1 pkg (1 tbsp)
Olive or Canola Oil*		2 pkg (2 tbsp)

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Soy/Soj
- 3) Mustard/Moutarde
- 4) Sulphites/Sulfites

Tools

Medium Pot, Measuring Cups, 2 Baking Sheets, Medium Pan

Nutrition per person Calories: 695 cal | Fat: 11 g | Protein: 49 g | Carbs: 99 g | Fibre: 7 g | Sodium: 933 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ruler

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1 Preheat the oven to 425°F (to roast the veggies and pork). Start prepping when the oven comes up to temperature!

2 Prep and roast the veggies: Wash and dry all produce. In a medium pot, bring **1 cup salted water** (double for 4 people) to a boil. Core and thinly slice the **bell pepper(s)**. Thinly slice the **green onions**. Toss the **carrot**, bell pepper and green onion on a baking sheet with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven until veggies are tender, 20-22 min.

4



3 Cook the rice: Meanwhile, add the **rice** to the boiling water. Reduce the heat to low. Cover with a lid, and cook until the rice is tender and the water has been absorbed, 10-12 min.

4 Sear the pork: Meanwhile, heat a medium pan over medium-high heat. Season the **pork** with **salt** and **pepper**. Add a drizzle of **oil**, then the pork. Pan-fry until golden-brown all over, 2-3 min per side. (Don't worry if it's not cooked through at this step!)

6



5 Roast the snow peas and pork: Toss the **snow peas** on another baking sheet with a drizzle of **oil**. Season with **salt** and **pepper**. Add the **seared pork** to the same sheet. Roast in the centre of the oven until the pork is cooked to desired doneness and snow peas are tender, 10-12 min. (**TIP:** Inserting a thermometer into the cooked pork should display an internal temperature of 160°F.)

6 Make the soy glaze: Meanwhile, heat the same pan over medium heat. Add the **soy sauce**, **honey** and **Dijon**. Stir until warmed through, 1-2 min.

7 Finish and serve: Fluff the **rice** with a fork. Slice the **pork**. Divide the rice between plates, top with the **veggies** and **pork**. Drizzle with the **glaze**. Sprinkle with the **green onion**. Enjoy!

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