



# GLAZED PORK TENDERLOIN with Summer Soba Salad

PRONTO



## HELLO SOBA NOODLES

'Soba' is the Japanese name for buckwheat noodles

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 663



Pork Tenderloin



Soba Noodles



Red Bell Pepper



Snow Peas,  
trimmed



Green Onions



Soy Sauce



Sesame Oil



Honey

## BUST OUT

- Large Bowl
- Paper Towel
- Small Bowl
- Parchment Paper
- Large Non-Stick Pan
- Silicone Brush
- Baking Sheet
- Strainer
- Medium Pot
- Salt and Pepper
- Whisk
- Olive or Canola oil

## INGREDIENTS

2-person | 4-person

- Pork Tenderloin 340 g | 680 g
- Soba Noodles 1 150 g | 300 g
- Red Bell Pepper 190 g | 380 g
- Snow Peas, trimmed 113 g | 227 g
- Green Onions 2 | 4
- Soy Sauce 1,4 3 tbsp | 6 tbsp
- Sesame Oil 8 1 tbsp | 2 tbsp
- Honey 2 tbsp | 4 tbsp

## ALLERGENS | ALLERGÈNES

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

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 71°C/160°F.



## START STRONG

Preheat your oven to **450°F** (to roast the pork). Start prepping when your oven comes up to temperature!



**1 PREP** Wash and dry all produce.\* Bring a medium pot of **water** to a boil. Thinly slice the **green onions**. In a large bowl, whisk together the **honey, sesame oil and soy sauce**. Pour **half the honey mixture** into a small bowl. Set aside.



**4 FINISH PORK** When the **pork** is lightly browned, pour over the **reserved honey glaze** from the small bowl and brush all over. Continue roasting in the centre of the oven until the pork is cooked through and the glaze is warm and sticky, 2-3 min. (**TIP:** Cook to a min. internal temp. of 71°C/160°F, as size may vary.\*\*)



**2 SEAR PORK** Pat the **pork tenderloin** dry with paper towels. Season with **salt and pepper**. Heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the pork. Pan-fry until golden-brown all over, 2-3 min per side. Transfer the pork to a parchment-lined baking sheet and roast in the centre of the oven, until pork is lightly browned, 10 min.



**5 FINISH NOODLES** Add the **noodles, veggies** and **half the green onions** to the large bowl with the **reserved honey mixture** and gently toss together. Season with **salt and pepper**.



**3 COOK NOODLES** Meanwhile, thinly slice the **snow peas** into 1/8-inch slices. Core, then cut the **bell pepper(s)** into 1/8-inch slices. Add the **soba noodles** to the medium pot with the **boiling water**. Reduce the heat to medium-low and cook until the noodles are tender, 2-3 min. (**TIP:** Keep an eye on the noodles so they don't overcook!) Drain and rinse the noodles under cold running water. Set aside.



**6 FINISH AND SERVE** Thinly slice the **pork**. Divide the **soba noodle salad** between plates. Top with the pork and sprinkle with the **remaining green onions**.

## BRIGHT!

Crunchy veggies add a pop of colour to this noodle dish!