

















APRICOT BALSAMIC-GLAZED PORK TENDERLOIN

over Ginger Rice with Sesame Green Beans



HELLO
APRICOT BALSAMIC GLAZE
 Fruit-forward flavors and vinegary tang make for a new kind of sweet 'n' sour sauce.

PREP: 15 MIN | TOTAL: 40 MIN | CALORIES: 540

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|---|--|---|--|---|--|--|
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Ginger | 
Scallions | 
Pork Tenderloin | 
Jasmine Rice | 
Apricot Jam | 
Brown Sugar | 
Sesame Oil |
| 
Garlic | 
Shallot | 
Chicken Stock Concentrates | 
Fry Seasoning | 
Balsamic Vinegar | 
Green Beans | 
Soy Sauce
<small>(Contains: Soy)</small> |

START STRONG

You may want to go easy on the seasonings in step 6 for the kids—add the glaze and scallion greens sparingly to avoid flavors that are too strong.

BUST OUT

- Peeler
- Paper towel
- Small pot
- Medium pan
- Butter (3 TBSP)
(Contains: Milk)
- Vegetable oil (2 tsp)
- Medium bowl
- Plastic wrap
- Strainer

INGREDIENTS

Ingredient 4-person

- Ginger 1 Thumb
- Garlic 2 Cloves
- Scallions 2
- Shallot 1
- Pork Tenderloin 24 oz
- Chicken Stock Concentrates 2
- Jasmine Rice ¾ Cup
- Fry Seasoning 2 tsp
- Apricot Jam 2 oz
- Balsamic Vinegar 10 tsp
- Brown Sugar 1 TBSP
- Green Beans 6 oz
- Sesame Oil 1 TBSP
- Soy Sauce 2 TBSP

HELLO WINE



PAIR WITH

Septimania Corbières Rouge, 2016

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)

HelloFRESH



1 PREP

Wash and dry all produce. Peel, then mince or grate **ginger**. Mince or grate **garlic**. Trim, then thinly slice **scallions**, keeping greens and whites separate. Halve and peel **shallot**, then mince until you have 3 TBSP (use the rest as you like). Pat **pork** dry with a paper towel.



4 START GLAZE

Rinse out pan used for pork, scraping out any browned bits, and dry well. Return to stove over medium-high heat. Add **1 TBSP butter** and **minced shallot**. Cook, tossing, until shallot is softened, 2-3 minutes. Stir in **jam** and **vinegar**. Let simmer until syrupy, about 1 minute. Stir in remaining **stock concentrate**, **½ cup water**, and **brown sugar**. Bring to a boil, then lower heat and reduce to a simmer. Let bubble until thickened, about 4 minutes.

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2 COOK RICE

Melt **1 TBSP butter** in a small pot over medium-high heat. Add **ginger**, **garlic**, and **scallion whites** and cook until softened, 1-2 minutes. Add **1 stock concentrate** and **1¾ cups water**. Bring to a boil, then add **rice**. Cover, lower heat, and reduce to a gentle simmer. Cook until tender, about 15 minutes.



5 COOK GREEN BEANS AND FINISH GLAZE

While **glaze** simmers, place **green beans** and a big splash of **water** (we used ¼ cup) in a medium microwave-safe bowl and cover with plastic wrap. Poke a few holes in wrap. Microwave on high to desired doneness, about 5 minutes. Drain well. Toss with **sesame oil**. Season with **salt** and **pepper**. Once glaze is thickened, remove pan from heat and stir in **1 TBSP butter**. Season generously with salt and pepper.



3 COOK PORK

Heat a large drizzle of **oil** in a medium pan over medium-high heat. Season **pork** all over with **salt**, **pepper**, and **2 tsp fry seasoning** (we sent more). Add to pan and cook, turning occasionally, until blackened all over and desired doneness is reached, 15-20 minutes. Set aside to rest on a plate.



6 FINISH AND SERVE

Fluff **rice** with a fork. Season with **salt** and **pepper**. Stir any juices from **pork** into **glaze** in pan. Slice pork crosswise into medallions. Divide rice, pork, and **green beans** between plates. Drizzle glaze over pork. Sprinkle **soy sauce** and **scallion greens** over everything and serve.

FRESH TALK

Name three things that everyone at the table shares in common.

WK 13 NJ-14