



BULGOGI PORK TENDERLOIN

with Roasted Carrots & Lime Rice



HELLO BULGOGI SAUCE

This traditional Korean condiment combines soy sauce and sesame with a hint of sweetness.

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 760**



Carrots



Scallions



Pork Tenderloin



Sesame Seeds



Lime



Jasmine Rice



Bulgogi Sauce
(Contains: Soy, Wheat)

START STRONG

If you have an extra few minutes, toast the sesame seeds in a dry pan over medium-low heat. Stir constantly and keep an eye on those little guys, removing from heat and transferring to a plate as soon as they turn golden and smell fragrant.

BUST OUT

- Zester
- Small pot
- Baking sheet
- Paper towels
- Large pan
- Olive oil (2 tsp | 2 tsp)
- Butter (2 TBSP | 2 TBSP)
(Contains: Milk)
- Kosher salt
- Black pepper
- Peeler

INGREDIENTS

Ingredient 2-person | 4-person

- Carrots 12 oz | 24 oz
- Lime 1 | 2
- Scallions 2 | 4
- Jasmine Rice ½ Cup | 1 Cup
- Pork Tenderloin* 12 oz | 24 oz
- Bulgogi Sauce 4 oz | 8 oz
- Sesame Seeds 1 TBSP | 1 TBSP

* Pork is fully cooked when internal temperature reaches 145 degrees.

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

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



1 PREP

Adjust rack to top position (top and middle positions for 4 servings) and preheat oven to 425 degrees. **Wash and dry all produce.** Trim, peel, and cut **carrots** into ½-inch-thick pieces. Zest and quarter **lime**. Thinly slice **scallions**, separating whites from greens.



4 COOK PORK

Meanwhile, pat **pork** dry with paper towels; season all over with **salt** and **pepper**. Heat a drizzle of **oil** in a large pan over medium heat. Add pork; sear, turning occasionally, until browned all over, 4-8 minutes. Once **carrots** have roasted 10 minutes, remove sheet from oven. Flip carrots and place seared pork on empty side. (For 4 servings, add pork to a second sheet; roast on middle rack.) Roast until pork is cooked through and carrots are tender, 10-12 minutes more. **TIP:** If carrots are done before pork, remove from sheet and continue roasting pork.

Share your #HelloFreshPics with us! | (646) 846-3663 [HelloFresh.com](https://www.hellofresh.com) | hello@hellofresh.com



2 COOK RICE

In a small pot, combine **rice**, ¾ cup **water** (1½ cups for 4 servings), and a big pinch of **salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.



5 SIMMER SAUCE

When everything has 5 minutes left in the oven, melt **1 TBSP butter** in pan used for pork over medium-high heat. Add **scallion whites** and cook until fragrant, 1-2 minutes. Stir in **bulgogi sauce** and **1 TBSP water**. Bring to a simmer, stirring, until warmed through, 2-3 minutes. Turn off heat. **TIP:** If sauce is too thick, stir in a splash of water.



3 ROAST CARROTS

While rice cooks, toss **carrots** on one side of a baking sheet with a drizzle of **olive oil**, **salt**, and **pepper**. (For 4 servings, spread out across whole sheet.) Roast on top rack for 10 minutes (we'll add the pork then).



6 FINISH & SERVE

Fluff **rice** with a fork. Stir in **1 TBSP butter**, a squeeze of **lime juice**, and half the **lime zest** (add more zest if you like). Season with **salt** and **pepper**. Thinly slice **pork** crosswise. Divide rice, pork, and **carrots** between plates. Drizzle pork with **sauce**. Sprinkle with **scallion greens** and **sesame seeds**. Serve with remaining **lime wedges** on the side.

FEELIN' HOT

Want to add a bit of spice to this savory-sweet dish? If you've got chili flakes, sprinkle some over your sliced pork.

WK 51 NJ-7