



VERY TERIYAKI PORK TENDERLOIN

with Basmati Rice and Asparagus



HELLO BLANCHED ASPARAGUS

Shocking spears in ice water keeps them crunchy.

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 600



Garlic



Asparagus



Basmati Rice



Hoisin Sauce
(Contains: Soy)



Pork Tenderloin



Ginger



Scallions



Soy Sauce
(Contains: Soy)



Honey



Cornstarch

START STRONG

Trimming asparagus is a snap—literally. Hold the spears near the bottom ends and bend until they break. They'll snap off naturally at the point where they go from tough to tender.

BUST OUT

- 2 Medium pots
- Large pan
- Peeler
- Medium bowl
- Large bowl
- Small bowl
- Strainer
- Oil (4 tsp)

INGREDIENTS

Ingredient 4-person

- Garlic 4 Cloves
- Ginger 1 Thumb
- Asparagus 12 oz
- Scallions 4
- Basmati Rice 1½ Cups
- Soy Sauce 4 TBSP
- Hoisin Sauce 2 TBSP
- Honey 1 oz
- Pork Tenderloin 24 oz
- Cornstarch 2 TBSP

HELLO WINE



PAIR WITH

Au Haro New Zealand
Sauvignon Blanc, 2016

HelloFresh.com/Wine



1 PREP

Wash and dry all produce. Fill 2 medium pots with **2½ cups water** and a pinch of **salt** each and bring to a boil. Mince or grate **garlic**. Peel and mince **ginger**. Trim and discard bottom inch from **asparagus**, then cut into 2-inch pieces. Trim, then thinly slice **scallions**, keeping greens and whites separate.



4 COOK PORK

Heat a large drizzle of **oil** in a large pan over medium-high heat. Halve **pork** lengthwise, then cut into thin strips. Season with **salt** and **pepper**. Put **cornstarch** in a medium bowl, then add pork and toss to coat. Discard any excess cornstarch. Add pork to pan in a single layer and cook, tossing occasionally, until browned, 2-4 minutes. **TIP:** Cook pork in batches to avoid overcrowding.



2 COOK RICE

Once water is boiling, add **rice** to one of the pots. Cover, lower heat, and reduce to a simmer. Cook until tender, 15-20 minutes. Remove from heat and keep covered until meal is ready. Meanwhile, fill a large bowl with **ice water**.



5 MAKE STIR-FRY

Remove **pork** from pan and set aside. Heat a large drizzle of **oil** in same pan over medium heat. Add **ginger**, **scallion whites**, and **garlic** and toss until fragrant, about 30 seconds. Add **sauce**, **asparagus**, and pork and toss until cooked through, 2-3 minutes. Season with **salt** and **pepper**.



3 BLANCH ASPARAGUS AND MAKE SAUCE

Add **asparagus** to other pot of water and boil until just tender, 2-3 minutes. Meanwhile, whisk together **soy sauce**, **hoisin sauce**, and **honey** in a small bowl. When asparagus is done, drain and immediately place in **ice water**.



6 PLATE AND SERVE

Fluff **rice** with a fork. Divide between plates and top with **stir-fry**. Sprinkle with **scallion greens** and serve.



KIDS CAN HELP!

OISHII!

That's Japanese for delicious, which this dish most definitely is.

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