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





Asparagus









Pork Tenderloin

Hoisin Sauce

Honey

Cornstarch

6/21/17 2:13 PM 28.7 Very Teriyaki Pork Tenderloin_FAM_NJ.indd 1



Garlic

Ginger

Scallions

Basmati Rice

Soy Sauce

(Contains: Sov)

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	1.07

 Pork Tenderloin 24 oz Cornstarch 2 TBSP

HELLO WINE



Au Haro New Zealand Sauvignon Blanc, 2016

HelloFresh.com/Wine





PREP

Wash and dry all produce. Fill 2 medium pots with 21/2 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.

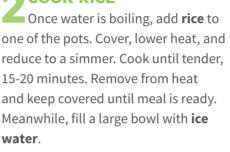


COOK PORK Heat a large drizzle of **oil** in a large pan over medium-high heat. Halve **pork** lengthwise, then cut into thin strips. Season with **salt** and **pepper**. Put **cornstarch** in a medium bowl, then add pork and toss to coat. Discard any excess cornstarch. Add pork to pan in a single layer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



COOK RICE

Once water is boiling, add **rice** to 15-20 minutes. Remove from heat and keep covered until meal is ready. Meanwhile, fill a large bowl with ice water.





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.



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.



PLATE AND SERVE

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



OISHII!

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

Share your #HelloFreshPics with us! | (800) 733-2414 HelloFresh.com | hello@hellofresh.com