



MAY  
2016

## Hoisin Pork Stir-Fry

with Brown Rice, Sugar Snap Peas, and Ginger

We're starting this stir-fry with an aromatic base of ginger, onion, and garlic. A touch of hoisin and lime gives the recipe the perfect balance of tangy, sweet, and salty. Hearty brown rice makes this dish a healthy spin on take-out.



**Prep:** 15 min  
**Total:** 35 min



level 1



nut  
free



dairy  
free



gluten  
free



Pork Tenderloin



Brown Rice



Red Onion



Garlic



Yellow Bell  
Pepper



Sugar Snap  
Peas



Hoisin  
Sauce



Limes



Cilantro



Cornstarch



Ginger

## Ingredients

Pork Tenderloin	24 oz
Brown Rice	1 ½ Cups
Red Onion	1
Garlic	4 Cloves
Ginger	2 Thumbs
Yellow Bell Peppers	2
Sugar Snap Peas	12 oz
Hoisin Sauce	5 T
Limes	2
Cilantro	¼ oz
Cornstarch	2 T
Oil*	4 t

4 People

\*Not Included

## Allergens

1) Soy

## Tools

Large Pot, Strainer, Peeler, Medium bowl, Large Pan

Ruler

0 in ¼ in ½ in ¾ in 1 in

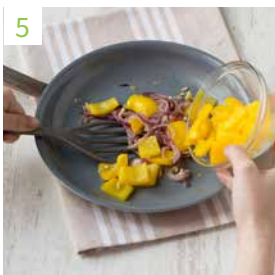
**Nutrition per person** Calories: 656 cal | Fat: 10 g | Sat. Fat: 1 g | Protein: 49 g | Carbs: 90 g | Sugar: 14 g | Sodium: 305 mg | Fiber: 9 g



**1 Cook the rice:** Place the **rice** and a large pinch of **salt** in a large pot with enough **water** to cover by 3 inches. Bring to a boil and cook for about 25 minutes, until tender. Drain when finished (like pasta).



**2 Prep the veggies:** **Wash and dry all produce.** Core, seed, and thinly slice the **bell peppers**. Halve, peel, and thinly slice the **red onion**. Peel and mince the **ginger**. Mince or grate the **garlic**. Finely chop the **cilantro**. Trim the **sugar snap peas**. Halve **1 lime**; cut the other **lime** into wedges.



**3 Prep the pork:** Cut the **pork tenderloin** into 1-inch cubes and toss in a medium bowl with the **cornstarch** and a large pinch of **salt** and **pepper**.



**4 Cook the pork:** Heat a large drizzle of **oil** in a large pan over medium-high heat. Working in batches, add the **pork** to the pan and cook, tossing for 3-4 minutes, until browned. Remove from the pan and set aside.

**5 Start the stir-fry:** Heat another large drizzle of **oil** in the same pan over medium-high heat. Add the **onion, garlic, and ginger** to the pan. Cook, tossing for 2-3 minutes, until softened. Add the **bell pepper** to the pan and cook for another 4-5 minutes, until softened. Season with **salt** and **pepper**.

**6 Finish the stir-fry:** Add the **sugar snap peas** to the pan and cook for another 2-3 minutes, until crisp-tender. Stir in the **pork, hoisin sauce, cilantro**, and the juice of **1 lime**. Toss for 1 minute, until heated through. Serve the **hoisin pork stir-fry** on a bed of **brown rice**, with **lime wedges** for squeezing over. Enjoy!

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