



HONEY AND SOY-SMOTHERED PORK

with Roasted Veggies and Rice



HELLO

SWEET SOY GLAZE

Umami-packing soy sauce, sweet honey, and a pinch of mustardy tang

PREP: 15 MIN | TOTAL: 35 MIN | CALORIES: 646



Pork Tenderloin



Scallions



Red Bell Peppers



Soy Sauce
(Contains: Soy)



Dijon Mustard



Carrots



Basmati Rice



Snow Peas



Honey

START STRONG

Be patient with your pork: The resting period after removing the tenderloin from the oven is important because it helps the meat retain its juices and stay extra moist.

BUST OUT

- Medium pot
- Peeler
- Baking sheet
- Large pan
- Oil (4 tsp)

INGREDIENTS

Ingredient 4-person

- | | |
|--------------------|---------|
| • Basmati Rice | 1½ Cups |
| • Red Bell Peppers | 2 |
| • Carrots | 2 |
| • Scallions | 4 |
| • Snow Peas | 16 oz |
| • Pork Tenderloin | 24 oz |
| • Soy Sauce | 3 TBSP |
| • Honey | 8 tsp |
| • Dijon Mustard | 2 tsp |

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1 PREHEAT AND PREP

Wash and dry all produce. Preheat oven to 425 degrees. Bring **2¾ cups water** and a pinch of **salt** to a boil in a medium pot. Core, seed, and remove white ribs from **bell peppers**. Thinly slice crosswise. Peel and thinly slice **carrots** into rounds. Cut white and light green parts of **scallions** into 2-inch pieces. Set **scallion greens** aside. Trim **snow peas**.



4 SIMMER GLAZE

While pork and veggies roast, stir together **soy sauce, honey,** and **Dijon mustard** in pan you cooked pork in and bring to a simmer over medium heat. Cook until thickened, 2-3 minutes.



2 COOK RICE AND ROAST VEGGIES

Once water is boiling, add **rice** to pot. Cover and reduce to a simmer. Cook until tender, 15-20 minutes. Remove from heat and keep covered. Meanwhile, toss **carrots, bell peppers, snow peas,** and **scallion** pieces with a large drizzle of **oil** and a pinch of **salt** and **pepper** on a baking sheet. Roast until tender, 15-20 minutes.



5 SLICE PORK AND SCALLIONS

Let **pork** rest 5 minutes after removing from oven. Thinly slice **scallion greens**.



3 COOK PORK

Heat a large drizzle of **oil** in a large pan over medium-high heat. Season **pork** all over with **salt** and **pepper**. Add to pan and cook until nicely browned, 2-3 minutes per side. Transfer to baking sheet with veggies. Roast until cooked through, 10-12 minutes.



6 PLATE AND SERVE

Thinly slice **pork**. Divide **rice** between plates and top with **veggies, pork,** and **glaze**. Garnish with **scallion greens** and serve.

LOVE ME TENDER!

This pork tenderloin is saucy and succulent.