



DEC
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Tender Stir-Fried Pork

with Cashews and Black Bean Sauce

Black bean sauce is the foundation of many Chinese-Sichuan dishes. Its savoury and salty flavour adds an instant boost to quick stir-fries! Roasted cashews add a crunchy kick to this dish.



Pork Tenderloin



Green Pepper



Carrot



Cashews



Ginger



Green Onions



Basmati Rice



Black Bean Sauce



Cornstarch

Ingredients

Pork Tenderloin, sliced		4 People	*Not Included
Green Pepper		2 pkg (680 g)	
Carrot, julienned		2	
Cashews, toasted	3)	1 pkg (285 g)	Allergens
Ginger		1 pkg (56 g)	1) Soy/Soja
Green Onions		30 g	2) Wheat/Blé
Basmati Rice		2	3) Tree Nuts/Noix
Black Bean Sauce	1) 2)	2 pkg (227 g)	Tools
Cornstarch		1 pkg (¼ cup)	Grater, Medium Bowl, Measuring
Sugar*		1 pkg (2 tbsps)	Spoons, Measuring Cups,
Olive or Canola Oil*		2 tsp	Medium Pot, Large Non-Stick
			Pan, Small Bowl

Nutrition per person Calories: 441 cal | Fat: 10 g | Protein: 42 g | Carbs: 46 g | Fiber: 5 g | Sodium: 1286 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Prep: Wash and dry all produce. Bring **2 cups salted water** in a medium pot to a boil. Core, then thinly slice the **green peppers**. Peel, then grate **1 tbsp ginger**. Thinly slice the **green onions**. Cut the **pork** into thin strips (stack some pork pieces together to cut a lot at the same time!)



2 Cook the rice: Add the **rice** to the boiling water. Reduce the heat to medium-low. Cover with a lid, and cook until the rice is tender and the water has been absorbed, 10-12 min.



3 Brown the pork: Meanwhile, in a medium bowl, toss the **pork** with **1 tbsp cornstarch**. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then **half the pork**. Cook the slices until browned, 1-2 min on each side. Transfer to a plate, and repeat with **remaining pork**. (**TIP:** Cooking in batches prevents overcrowding the pan, which will stew your meat rather than brown it.)



4 Cook the veggies: Reduce the heat to medium. Add another drizzle of **oil** to the pan. Add the **peppers** and **ginger**. Cook, stirring often, until the peppers are tender, 3-4 min. Add the **carrot, green onion** and **pork**. Stir until everything is warmed through, 1-2 min.

5 Make the black bean sauce: In a small bowl, mix the **remaining cornstarch** with **½ cup cold water** (**TIP:** Use cold water, not warm or hot!) Add the **sugar, black bean sauce** and **cornstarch-mixture** to the veggies. Stir until saucy, 30 sec.

6 Finish and serve: Serve the **black bean stir fry** over **rice**, then sprinkle with **cashews**. Enjoy!

INGREDIENT TIP: A cornstarch-water mixture is called a "slurry". Always mix with **COLD** water to prevent clumping. Adding a slurry to a recipe is a cooking technique that helps to thicken sauces!

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