



MAY
2016

Pork Teriyaki

with Basmati Rice and Asparagus

Never buy bottled teriyaki sauce again! Ginger, garlic, soy, and honey make for a much better (and healthier) alternative. A bed of fluffy rice soaks up all that delicious sauce.



Prep: 10 min
Total: 30 min



level 1



nut
free



dairy
free



Pork Tenderloin



Basmati Rice



Asparagus



Scallions



Garlic



Ginger



Cornstarch



Hoisin Sauce



Soy Sauce



Honey

Ingredients

Pork Tenderloin		4 People	24 oz
Basmati Rice			1 ½ Cups
Asparagus			12 oz
Garlic			2 Cloves
Scallions			4
Ginger			1 Thumb
Cornstarch			2 T
Hoisin Sauce	1) 2)		2 T
Soy Sauce	1) 2)		5 T
Honey			2 T
Olive Oil*			2 T

*Not Included

Allergens

- 1) Soy
- 2) Wheat

Tools

2 Small pots, Peeler, 2 Medium bowls, Slotted Spoon, Small bowl, Large pan

Ruler

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Nutrition per person Calories: 666 cal | Fat: 11g | Sat. Fat: 2g | Protein: 46g | Carbs: 96g | Sugar: 31g | Sodium: 1155 mg | Fiber: 3g

1



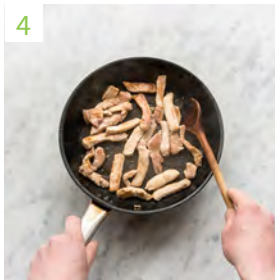
1 Prep: Wash and dry all produce. In 2 small pots, bring **3 cups salted water** (each) to a boil. Mince or grate the **garlic**. Peel and mince the **ginger**. Trim and discard the bottom inch from the **asparagus**, then cut into 2-inch pieces. Trim the ends of the **scallions**, then thinly slice, keeping the **greens** and **whites** separate. Add the **rice** to the boiling water, cover, and reduce to a low simmer for 15-20 minutes, until tender.

2



2 Blanch the asparagus: Prepare a medium bowl of ice water. Add the **asparagus** to the other pot of boiling water for 2-3 minutes, until tender, then remove with a slotted spoon and place in the ice water.

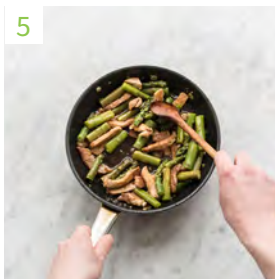
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3 Make the teriyaki sauce: In a small bowl, combine the **soy sauce**, **hoisin**, and **2 Tablespoons honey**.

4 Cook the pork: Halve the **pork tenderloin** lengthwise, then cut into thin strips. Season with **salt** and **pepper**. Toss the strips in another medium bowl with the **cornstarch**. Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Working in batches, add the **pork** to the pan and cook for 1-2 minutes per side, until browned. Remove from the pan and set aside.

5



5 Stir-fry: Heat another drizzle of **olive oil** in the same pan over medium heat. Add the **ginger**, **scallion whites**, and **garlic** to the pan and cook, tossing for about 30 seconds, until fragrant. Add the **teriyaki sauce**, **asparagus**, and **pork** to the pan and toss for 2-3 minutes, until the pork is cooked through. Season with **salt** and **pepper**.

6 Plate and serve: Serve the **pork teriyaki** on a bed of **basmati rice**. Sprinkle with the **scallion greens** and enjoy!

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