



SWEET THAI CHILI PORK TENDERLOIN

with Zesty Rice & Roasted Broccoli

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Shallot



1 | 2
Lime



¼ oz | ½ oz
Cilantro



½ Cup | 1 Cup
Jasmine Rice



10 oz | 20 oz
Pork Tenderloin



8 oz | 16 oz
Broccoli Florets



1 oz | 2 oz
Sweet Thai Chili
Sauce



1 | 2
Chicken Stock
Concentrate



6 ml | 12 ml
Ponzu Sauce
Contains: Fish, Soy,
Wheat



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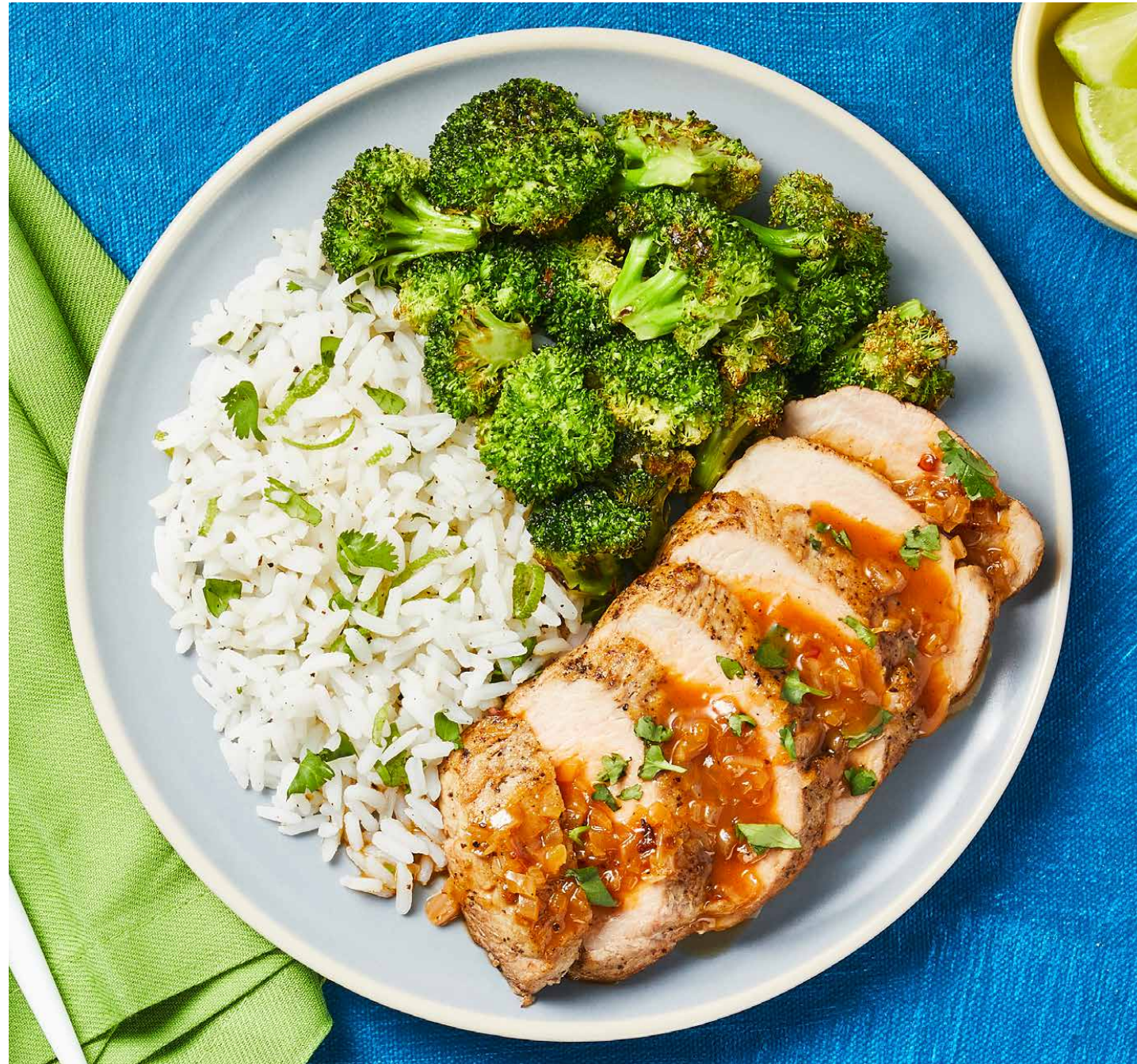
10 oz | 20 oz
Chicken Cutlets

Calories: 550



10 oz | 20 oz
Bavette Steak

Calories: 650



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 570



HELLO

PONZU

A citrusy umami-packed sauce that's equal parts sweet and tart

SEAR-IOUS BUSINESS

A restaurant-style sear goes beyond presentation—it helps pork develop a deep, rich flavor. For best results, pat your pork as dry as possible before seasoning so it browns as soon as it hits the hot pan.

BUST OUT

- Zester
- Large pan
- Small pot
- Baking sheet
- Paper towels
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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*Pork is fully cooked when internal temperature reaches 145°.

🍳 *Chicken is fully cooked when internal temperature reaches 165°.

🍳 *Steak is fully cooked when internal temperature reaches 145°.



1 PREP

- Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry produce.**
- Cut **broccoli florets** into bite-size pieces if necessary. Halve, peel, and mince **shallot**. Zest and quarter **lime**. Roughly chop **cilantro**.



4 ROAST PORK & BROCCOLI

- Toss **broccoli** on opposite side of sheet from pork with a **drizzle of oil, salt, and pepper**.
- Roast on top rack until pork is cooked through and broccoli is browned and tender, 10-12 minutes.
- Once pork is done, transfer to a cutting board to rest for 5 minutes.

- 🍳 Season **broccoli** and spread across entire sheet; roast as instructed.



2 COOK RICE

- In a small pot, combine **rice, ¾ cup water (1½ cups for 4 servings)**, and a **big pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



5 MAKE PAN SAUCE

- Heat a **drizzle of oil** in pan used for pork over medium-high heat. Add **shallot**; cook until softened and slightly browned, 1-2 minutes.
- Stir in **stock concentrate, chili sauce, ponzu, and ¼ cup water (½ cup for 4 servings)**. Bring to a simmer and cook until slightly reduced, 2-3 minutes.
- Stir in a **big squeeze of lime juice** to taste. Remove pan from heat; stir in **1 TBSP butter (2 TBSP for 4)** until melted.



3 SEAR PORK

- While rice cooks, pat **pork*** dry with paper towels; season all over with **salt and pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add pork and sear, turning occasionally, until browned all over, 4-8 minutes (**it'll finish cooking in the next step**). Remove pan from heat.
- Transfer pork to one side of a baking sheet.

- 🍳 Swap in **chicken*** or **steak*** for pork; cook chicken until browned and cooked through, 3-5 minutes per side, or cook steak to desired doneness, 5-7 minutes per side. Transfer to a cutting board to rest. (**No need for a baking sheet!**)



6 FINISH & SERVE

- Thinly slice **pork** crosswise.
- Fluff **rice** with a fork; stir in **lime zest and half the cilantro**. Season with **salt and pepper**.
- Divide rice, **broccoli**, and **pork** between plates. Top pork with **pan sauce**. Garnish everything with remaining cilantro. Serve with any **remaining lime wedges** on the side.
- 🍳 Thinly slice **chicken** or **steak** against the grain.