



BULGOGI PORK TENDERLOIN

with Roasted Carrots & Lemony Rice

HALL OF FAME

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Carrots



1 | 1
Lemon



2 | 2
Scallions



½ Cup | 1 Cup
Jasmine Rice



10 oz | 20 oz
Pork Tenderloin



4 oz | 8 oz
Bulgogi Sauce
Contains: Soy, Wheat



1 TBSP | 1 TBSP
Sesame Seeds



ANY ISSUES WITH YOUR ORDER?
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THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

2 PERSON | 4 PERSON

If you chose a different protein or veggie when placing your order, follow the **HelloCustom** instructions on the flip side of this card to learn how to modify your meal.



10 oz | 20 oz
Chicken Cutlets

Calories: 690



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 670



HELLO FRESH

HELLO

HALL OF FAME

Meet one of our all-star recipes: a tried-and-true favorite chosen by home cooks like you!

WE PROPOSE A TOAST

If you have an extra few minutes, toast the sesame seeds in a dry pan over medium-low heat to enhance their nutty flavor and crunchy texture. Stir constantly and keep an eye on those little guys, removing from heat and transferring to a plate as soon as they turn golden and fragrant.

BUST OUT

- Peeler
- Zester
- Small pot
- Baking sheet
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Olive oil (1 tsp | 1 tsp)
- Cooking oil (1 tsp | 1 tsp)
- Butter (2 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°.



1 PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** into ½-inch-thick rounds. Zest and quarter **lemon**. Trim and thinly slice **scallions**, separating whites from greens.



4 COOK PORK

- Meanwhile, pat **pork*** dry with paper towels; season all over with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium heat. Add pork; sear, turning occasionally, until browned all over, 4-8 minutes.
- Once **carrots** have roasted 10 minutes, remove sheet from oven. Flip carrots and carefully place seared pork on empty side. (**For 4 servings, place pork on a second sheet; roast on middle rack.**)
- Return to top rack; roast until pork is cooked through and carrots are tender, 10-12 minutes more.

- Pat **chicken*** dry with paper towels; season all over with **salt** and **pepper**. Drizzle **chicken** with **oil** to lightly coat (**no need to sear**). Once carrots have roasted 7 minutes, flip **carrots** and place chicken on empty side of sheet. (**For 4 servings, place chicken on second sheet; roast on middle rack.**) Return to top rack; roast until chicken is cooked through, 15-18 minutes more.



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 to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



5 SIMMER SAUCE

- When pork and carrots have 5 minutes left, melt **1 TBSP butter** in pan used for pork over medium-high heat. Add **scallion whites** and cook until fragrant, 1-2 minutes.
- Stir in **bulgogi sauce** and **1 TBSP water**. Bring to a simmer, stirring, until warmed through, 2-3 minutes. Turn off heat. **TIP: If sauce is too thick, stir in a splash more water.**

- Use a large pan here.



3 ROAST CARROTS

- While rice cooks, toss **carrots** on one side of a baking sheet with a **drizzle of olive oil**, **salt**, and **pepper**. (**For 4 servings, spread out across entire sheet.**)
- Roast on top rack for 10 minutes (**you'll add the pork then**).

- Roast **carrots** on top rack for 7 minutes (**you'll add the chicken then**).



6 FINISH & SERVE

- Fluff **rice** with a fork. Stir in **half the lemon zest** (**add more if you like**), **1 TBSP butter**, and a **squeeze of lemon juice**; season with **salt** and **pepper**.
- Thinly slice **pork** crosswise.
- Divide rice, pork, and **carrots** between plates. Drizzle pork with **sauce**. Sprinkle with **scallion greens** and **sesame seeds**. Serve with **remaining lemon wedges** on the side.

- Thinly slice **chicken** crosswise.