



MAY
2016

Hoisin Pork Stir-Fry

with Brown Rice, Sugar Snap Peas, and Ginger

We're starting this stir-fry with an aromatic base of ginger, onion, and garlic. A touch of hoisin and lime gives the recipe the perfect balance of tangy, sweet, and salty. Hearty brown rice makes this dish a healthy spin on take-out.



Prep: 15 min
Total: 35 min



level 1



nut
free



dairy
free



gluten
free



Pork Tenderloin



Brown Rice



Red Onion



Garlic



Yellow Bell
Pepper



Sugar Snap
Peas



Hoisin
Sauce



Limes



Cilantro



Cornstarch



Ginger

Ingredients

Pork Tenderloin	24 oz
Brown Rice	1 ½ Cups
Red Onion	1
Garlic	4 Cloves
Ginger	2 Thumbs
Yellow Bell Peppers	2
Sugar Snap Peas	12 oz
Hoisin Sauce	5 T
Limes	2
Cilantro	¼ oz
Cornstarch	2 T
Oil*	4 t

4 People

*Not Included

Allergens

1) Soy

Tools

Large Pot, Strainer, Peeler, Medium bowl, Large Pan

Ruler

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Nutrition per person Calories: 656 cal | Fat: 10 g | Sat. Fat: 1 g | Protein: 49 g | Carbs: 90 g | Sugar: 14 g | Sodium: 305 mg | Fiber: 9 g



1 Cook the rice: Place the **rice** and a large pinch of **salt** in a large pot with enough **water** to cover by 3 inches. Bring to a boil and cook for about 25 minutes, until tender. Drain when finished (like pasta).

2 Prep the veggies: **Wash and dry all produce.** Core, seed, and thinly slice the **bell peppers**. Halve, peel, and thinly slice the **red onion**. Peel and mince the **ginger**. Mince or grate the **garlic**. Finely chop the **cilantro**. Trim the **sugar snap peas**. Halve **1 lime**; cut the other **lime** into wedges.

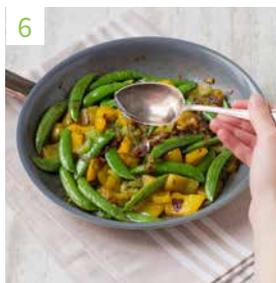


3 Prep the pork: Cut the **pork tenderloin** into 1-inch cubes and toss in a medium bowl with the **cornstarch** and a large pinch of **salt** and **pepper**.

4 Cook the pork: Heat a large drizzle of **oil** in a large pan over medium-high heat. Working in batches, add the **pork** to the pan and cook, tossing for 3-4 minutes, until browned. Remove from the pan and set aside.



5 Start the stir-fry: Heat another large drizzle of **oil** in the same pan over medium-high heat. Add the **onion, garlic, and ginger** to the pan. Cook, tossing for 2-3 minutes, until softened. Add the **bell pepper** to the pan and cook for another 4-5 minutes, until softened. Season with **salt** and **pepper**.



6 Finish the stir-fry: Add the **sugar snap peas** to the pan and cook for another 2-3 minutes, until crisp-tender. Stir in the **pork, hoisin sauce, cilantro**, and the juice of **1 lime**. Toss for 1 minute, until heated through. Serve the **hoisin pork stir-fry** on a bed of **brown rice**, with **lime wedges** for squeezing over. Enjoy!

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