Hello FRESH

Glazed Pork Tenderloin

with Basmati Rice and Veggie Jumble

This Asian-inspired meal packs in all the flavor of your restaurant favorites. The only difference? It's way healthier. Lean pork tenderloin is roasted with soy sauce, honey, and a bit of Dijon mustard. Then, they're plated on top of a colorful bed of blistered snow peas, bell peppers, carrots, scallions, and hearty rice.

Prep: 15 min
Total: 30 min

level 1

nut free

gluten free

dairy free

| Pork Tenderloin | Basmati Rice | Snow Peas | Red Bell Peppers | Carrots | Scallions |

| Soy Sauce | Honey | Dijon Mustard |

Ingredients		4 People	*Not Included
			Allergens
Pork Tenderloin		24 oz	**1)** Soy
Basmati Rice		1½ Cups	
Snow Peas		8 oz	
Red Bell Peppers		2	
Carrots		2	
Scallions		4	
Soy Sauce	1)	4 T	**Tools**
Honey		2 T	Medium pot, Peeler,
Dijon Mustard		2 t	Baking sheet, Large pan
Olive Oil*		4 t	

Nutrition per person Calories: 602 cal | Fat: 8 g | Sat. Fat: 1 g | Protein: 49 g | Carbs: 80 g | Sugar: 17 g | Sodium: 1182 mg | Fiber: 5 g

1 Cook the rice: Preheat the oven to 425 degrees. Bring **3 cups salted water** to a boil in a medium pot. Add the **rice.** Cover and reduce to a simmer for 20 minutes, until tender.

2 Prep the veggies: Wash and dry all produce. Core, seed, and thinly slice the **bell peppers.** Peel and thinly slice the **carrots** into ⅛-inch coins. Cut the **scallions** into 2-inch pieces.
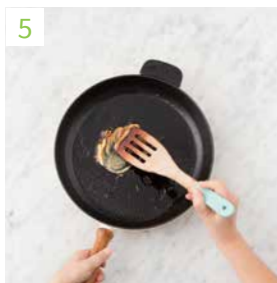

3 Roast the veggies: Toss the **carrots, peppers, scallions,** and **snow peas** on a baking sheet with a large drizzle of **olive oil** and a pinch of **salt** and **pepper.** Roast 15-20 minutes, until tender.

4 Cook the pork: Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Season the **pork** on all sides with **salt** and **pepper.** Add to the pan. Cook 2-3 minutes per side, until browned. Transfer to the baking sheet with the **veggies** to finish cooking for 7-8 minutes.

5 Make the soy glaze: Add the **soy sauce, honey,** and **2 teaspoons Dijon mustard** to the pan you cooked the **pork** in. Stir and simmer over medium heat for 2-3 minutes, until thickened.

6 Finish and serve: Let the **pork** rest 5 minutes before thinly slicing it. Plate the **basmati rice** before topping with the **veggie jumble, sliced pork tenderloin,** and **soy glaze.** Enjoy!