



HOME CHEF

Chinese BBQ Pork

With Egg Drop Soup and Broccoli



BBQ pork and egg drop soup are two Chinese classics you probably grew up on, but we bet you didn't know how easy they are to make in your own home (hint: super easy). You'll "barbecue" a pork tenderloin with the best marinade you've ever tasted using hoisin, soy, brown sugar, and ginger. Serve it in slices next to simply steamed broccoli and your own shiitake, green onion, and ginger-y, glossy egg drop soup.

OVERVIEW



TIME TO PREPARE



INTERMEDIATE RECIPE



DAYS BEST COOKED BY

DIETARY



LOW CALORIE



LOW CARB



DAIRY-FREE



NUT-FREE

NUTRITION

Calories: 582
Carbohydrates: 27g
Fat: 23g
Protein: 68g
Sodium: 2815mg
per serving

DRINK PAIRING

Lager beer is a classic Chinese companion, but rice wine (a Chinese sherry-esque booze) or Chardonnay would be more than welcome here.

INGREDIENTS

2 tsp. Hoisin Sauce
1 Tbsp. Light Brown Sugar
2 oz. Gluten-Free Soy Sauce
2 tsp. Chopped Ginger
1 Pork Tenderloin
4 Green Onions
2 oz. Shiitake Mushrooms
2 tsp. Gluten Free Minor's Chicken Base
1 tsp. Cornstarch
2 oz. Liquid Egg
8 oz. Broccoli

WHAT YOU NEED

Olive Oil

EQUIPMENT

Baking Sheet
Mixing Bowl
Medium Pan
Medium Pot

DID YOU KNOW?

This BBQ Pork dish is known as “char siu” in Cantonese cuisine, whose translation (“fork roast”) refers to the traditional preparation of skewering the meat on long skewers and roasting over a fire.

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Marinate the Pork

Preheat oven to 400 degrees and prepare a baking sheet with foil. In a mixing bowl, combine **hoisin**, **brown sugar**, half of **soy sauce**, and half of **ginger**. Rinse **pork tenderloin**, pat dry, and combine and brush with marinade. Set aside while you prepare remaining ingredients.

Prepare the Ingredients

Thoroughly rinse produce and pat dry. Trim and thinly slice **green onions** at an angle (bias), keeping white and green portions separate. Stem **shiitake mushrooms** and slice caps into thin strips.

Cook the Pork

Heat 1 tsp. **olive oil** in a medium pan over medium-high heat. Remove **pork** from **marinade** and blot off excess marinade. (Reserve marinade to use as sauce in Step 5.) Add tenderloin to pan and sear until caramelized on all sides, about 6-8 minutes total. Place tenderloin on prepared baking sheet and cook 15 minutes or until a minimum internal temperature of 145 degrees is reached. Let rest before slicing. *Resting cooked meats allows the juices to redistribute, which means a juicier, more flavorful final product.* Wipe pan clean for broccoli step.

Make the Egg Drop Soup

In a medium pot, add 2 ½ cups **water**, sliced **shiitake mushrooms**, remaining **soy sauce**, remaining **ginger**, **chicken base**, and whites of **green onion**. Bring to a simmer and cook 15 minutes. Mix half of **cornstarch** with 1 Tbsp. cold **water** and combine remaining cornstarch with **liquid eggs**. Add **water-cornstarch mixture** to pot and stir. Reduce heat to barely a simmer. Hold a fork over pot and slowly pour **liquid eggs** in a stream through the tines. *This technique helps achieve the egg “ribbons” that are traditional for this soup.* Allow to simmer 1 more minute to set eggs, then remove from heat. Soup should be glossy and rich.

Cook the Broccoli and Finish the Sauce

Bring pan from previous step with 3 Tbsp. **water** and a pinch of **salt** to a boil over high heat. Add **broccoli florets** and cover. Let broccoli steam for 2 minutes until bright green and fork-tender. Drain any excess liquid and move broccoli to a plate. In same pan, add **reserved marinade** and bring to a boil over medium-high heat. Cook for two minutes and prepare to serve.

Plate the Dish

Slice **tenderloin** into ½” pieces and serve on a plate next to **broccoli florets**. Serve **egg drop soup** in a small bowl on side and garnish with remaining **green onion**. Add **sauce** in front of pork and serve.