



NUTRITION per serving 86g carbohydrates 22g fat 57g protein 2751mg sodium | dairy-free, nut-free



Calories
773



Prep & Cook Time
25-35 min.



Cook Within
6 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

- 2 Green Onions
- 3 Baby Bok Choy
- 6 oz. Shiitake Mushrooms
- 5 oz. Slaw Mix
- 1 ½ Tbsp. Seasoned Rice Vinegar
- 1 Tbsp. Chopped Ginger
- 3 oz. Shredded Red Cabbage
- 1 Pork Tenderloin
- 5 oz. Teriyaki Glaze
- 4 Large Flour Tortillas

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- 2 Mixing Bowls
- Medium Pan

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HOME CHEF

Easy Pork Moo Shu Wraps

with shiitake mushrooms and ginger slaw

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry

WHILE YOU COOK

- **Heads up!** Use all but 2 tsp. of ginger to make the slaw. The remaining ginger is used to cook the vegetables.
- **Heads up!** Half the red cabbage is used in the slaw and the remaining goes in the filling.
- **Heads up!** 2 Tbsp. teriyaki glaze is used in filling, 2 tsp. is spread on each tortilla, and remaining is used as a dipping sauce.

FROM THE CHEF

There are many ways to roll a tortilla into a wrap. The main thing to remember is to try to keep the tortilla snug and tight around the filling as you roll. And if some filling falls out while you eat, no problem! Deliciousness can be messy.

Did you know...

An American-Chinese classic, Moo Shu first appeared on menus in America in the 1960's. Traditionally, meat is served wrapped inside Chinese pancakes, but we make our version easier with flour tortillas.



Prepare the Ingredients and Make Slaw

Trim and thinly slice **green onions** on an angle. Trim ends from **baby bok choy**. Slice bok choy into ¼” strips. Stem **shiitake mushrooms** and cut caps into ¼” strips. Combine **slaw mix**, **seasoned rice vinegar**, all but 2 tsp. **ginger** (reserve 2 tsp. for filling), and half the **red cabbage** in a mixing bowl. Toss to combine and season to taste with **salt and pepper**.



Cook the Pork

Rinse **pork tenderloin**, pat dry, and, on a separate cutting board, slice in half lengthwise and then into thin ⅛” strips. Season with ½ tsp. **salt** and ¼ tsp. **pepper**. Heat a medium pan over high heat. Working in two batches, add 1 Tbsp. **olive oil**, **sliced pork**, and spread in a single layer. Cook 4-5 minutes per batch, or until pork is seared and reaches a minimum internal temperature of 145 degrees. Add 1 tsp. **olive oil** in between batches. Remove to a mixing bowl and set aside. Return pan to high heat (no need to wipe clean).



Cook the Vegetables

Add 2 tsp. **olive oil**, remaining **ginger**, **mushrooms**, and **bok choy** to pan and cook until mushrooms are browned and bok choy is crisp-tender, about 3-4 minutes. Remove from heat and add to bowl with **cooked pork**. Add **green onions** (reserving a pinch for garnish), 2 Tbsp. **teriyaki glaze**, remaining **red cabbage**, and mix. Season to taste with **salt and pepper**. Wipe pan clean.



Prepare the Wraps

Bring pan used to cook pork and veggies to medium heat. Add **tortillas** individually and heat for 15-20 seconds per side. *Alternatively, stack tortillas on a plate, cover with a moist paper towel, and heat in a microwave until pliable, about 30 seconds.* Lay tortillas on counter and spread 2 tsp. **teriyaki glaze** in center. Divide **pork mixture** between tortillas, placing mixture in a centered rectangle, short side against the top.



Roll the Wraps

Fold bottom half of **tortilla** up to make the “floor” of an open-ended wrap. Tightly roll one side of tortilla over to other side, firmly encasing mixture in a cylinder. You may need to wiggle filling around a little or try it a couple of times to get the hang of it.



Plate the Dish

Place **wraps** on a plate and garnish with **reserved green onions**. Serve remaining **teriyaki glaze** and **slaw** on the side.