



NUTRITION *per serving* 30g carbohydrates 15g fat 43g protein 276mg sodium | low-calorie, low-carb, gluten-free, dairy-free, soy-free, shellfish-free, nut-free



Calories
462



Prep & Cook Time
30-40 min.



Cook Within
6 days



Difficulty
Easy



Spice Level
Medium



HOME CHEF

Grilled Lemongrass Pork Tenderloin

with crushed cucumber salad and spicy dipping sauce

IN YOUR BOX

- 2 Garlic Cloves
- 3 Persian Cucumbers
- 1 Lime
- 8 oz. Carrot
- 1 Red Fresno Chile
- 1 Pork Tenderloin
- 1 Tbsp. Lemongrass Puree
- 1 fl. oz. Worcestershire Sauce
- 1 oz. Light Brown Sugar
- 1 ½ fl. oz. Seasoned Rice Vinegar

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- 2 Mixing Bowls
- Small Bowl
- Grill Pan or Outdoor Grill

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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

- Salt refers to **kosher salt** in this recipe. If using regular table salt, reduce measured amounts by half.
- **Heads Up!** Lemongrass, garlic, Worcestershire, and brown sugar are used twice. Half of each are used in **marinade** and remaining is used in **dipping sauce**.
- **Heads Up!** Carrot is used twice. Minced carrot is added to **dipping sauce** and carrot ribbons are added to **salad**.
- **Spice Alert!** Fresno chile adds heat comparable to fresh jalapeño. Use to taste or omit to suit your spice preference. Be sure to wash hands and cutting board after prepping.
- **Heads Up!** Dipping sauce is used twice. 1 Tbsp. is used as **salad dressing** and remaining is served on side.

FROM THE CHEF

Impress your diners (and yourself) by getting pro-looking crosshatch marks on grilled meats. Imagine your grill is a clock and place meat on grill so tip points at 10 o'clock. After 2-3 minutes, rotate so tip points at 2, and cook another 2-3 minutes. Repeat on second side. This enhances presentation, allows meat to cook evenly, and gets great char flavor.

Did you know...

There seems to be thousands of uses for lemongrass, from insect repellent to anti-anxiety tea, but we've got one more for you: history preservation. Lemongrass is used to preserve ancient Indian manuscripts made from palm leaves.



Prepare the Ingredients

Mince **garlic**. Trim **cucumbers** and slice into ½” rounds. Using a small pot or pan, gently smash cucumber slices. *Don't worry if they fall apart.* Zest and halve **lime**. Quarter one half and juice remaining half. Trim ends off **carrot**, peel, and using peeler, shave into long, thin ribbons. Mince two carrot ribbons. Stem, seed, and mince **Fresno chile**.



Grill the Pork

Heat an outdoor grill or grill pan to high heat. Once grill is very hot, lightly coat with **cooking spray** and add **pork slices**. Grill until pork is charred and reaches a minimum internal temperature of 145 degrees, 3 minutes per side. Remove pork from grill and let rest 5 minutes before serving. *If you don't have a grill pan or grill, place pork on a foiled baking sheet and broil under high heat until charred on both sides, 4-5 minutes per side.*



Marinate the Pork

Rinse **pork tenderloin** and pat dry. On a separate cutting board, slice tenderloin into eight equal-sized pieces. Lay pork slices on work surface, cover with plastic wrap, and pound with a meat mallet or small pan until ⅓” thick. Combine pork, **half the lemongrass**, **half the garlic**, **half the Worcestershire**, **half the brown sugar**, 1 tsp. **lime zest**, 2 tsp. **olive oil**, ½ tsp. **salt**, and ¼ tsp. **pepper** in a large mixing bowl. Rub pork thoroughly with marinade and marinate 5 minutes.



Make the Salad

Combine **cucumber**, **carrot ribbons**, 1 Tbsp. **dipping sauce** (reserve remaining for dipping), and 1 tsp. **olive oil** in a medium mixing bowl. Toss and season to taste with **salt and pepper**.



Make the Dipping Sauce

Combine remaining **lemongrass**, remaining **garlic**, remaining **Worcestershire**, remaining **brown sugar**, **seasoned rice vinegar**, 1 tsp. **lime juice**, 2 Tbsp. **water**, **minced carrot**, and **Fresno chile** (to taste) in a small bowl. Season to taste with **salt and pepper**.



Plate the Dish

Place **salad** on plate and arrange charred **pork** next to salad. Serve **dipping sauce** on the side. *Sauce can be used for dipping both pork and salad, or simply splashed over both to taste.* Garnish dish with **lime quarters**.