



**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

#### 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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HOME CHEF

## Grilled Lemongrass Pork Tenderloin

with crushed cucumber salad and spicy dipping sauce

## 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**.