



NUTRITION per serving 77g carbohydrates 6g fat 32g protein 1387mg sodium | low-calorie, dairy-free, shellfish-free



Calories
501



Prep & Cook Time
25-35 min.



Cook Within
6 days



Difficulty
Easy



Spice Level
Mild

IN YOUR BOX

- 1 ½ cup Jasmine Rice
- 2 Green Onions
- 1 Red Bell Pepper
- 10 oz. Broccoli
- 1 Pork Tenderloin
- 1 oz. Cashews
- 5 oz. Snap Peas
- 4 fl. oz. Teriyaki Glaze

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Medium Pot
- Large Pan

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HOME CHEF

Pork Tenderloin Stir-Fry

with broccoli, snap peas, and cashews

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **425 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- Whether it's a baking sheet in the oven or a pan on the stove, you never want to overcrowd your pan. Add a second baking sheet or cook in batches when necessary for delicious, golden-brown results.
- **Heads Up!** Green onions are used twice. **White portions** cook with **vegetables**, and **green portions** garnish pork.
- **Heads Up!** Teriyaki glaze is used twice. Half flavors **vegetables** and remaining is added to **pork**.

FROM THE CHEF

If you have a large enough pan, combine all ingredients in pan once finished and serve.

Did you know...

Snap peas are a hybrid of green peas and snow peas, combining sweetness with an edible pod.



1

Cook the Rice

Bring a medium pot with **rice**, a pinch of **salt**, and 3 cups **water** to a boil. Reduce to a simmer, cover, and cook until tender, 17–20 minutes. While rice simmers, prepare ingredients.



2

Prepare the Ingredients

Trim and thinly slice **green onions** on an angle, keeping white and green portions separate. Stem, seed, and slice **red bell pepper** into ¼” strips. Cut **broccoli florets** into bite-sized pieces. Rinse **pork tenderloin** and pat dry. On a separate cutting board, halve tenderloin lengthwise. Slice each half into ¼” slices across width. Season with ¼ tsp. **salt** and a pinch of **pepper**.



3

Start the Pork

Heat 2 tsp. **olive oil** in a large pan over medium-high heat. Working in batches, add **half the pork** and cook, undisturbed, until browned, 3–4 minutes per side. Remove to bowl or plate. Replenish oil if necessary, then add remaining pork to pan and repeat process. Reserve pan; no need to wipe clean.



4

Cook the Vegetables

Place **cashews**, **broccoli**, **red bell pepper**, **snap peas**, and **white portions of green onions** on prepared baking sheet. Toss with 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Spread into a single layer and roast until vegetables are lightly browned and tender, 8–10 minutes. Remove from oven and toss with **half the teriyaki glaze** (reserve remaining for pork). While vegetables bake, finish pork.



5

Finish the Pork

Return pan used to sear pork over medium-high heat. Add **pork** and remaining **teriyaki glaze** to hot pan. Bring to a simmer and cook until pork reaches a minimum internal temperature of 145 degrees and sauce has slightly thickened, 1–2 minutes. Garnish with **green portions of green onions**.



6

Plate the Dish

Place a serving of **rice** on a plate and add a serving of **cooked vegetables** and **pork**. Garnish with any **sauce** left over from finishing pork.