



**NUTRITION** *per serving* 35g carbohydrates 30g fat 45g protein 1687mg sodium | calorie-conscious, carb-conscious



Calories  
**605**



Prep & Cook Time  
**30-40 min.**



Cook Within  
**6 days**



Difficulty  
**Easy**



Spice Level  
**Mild**

#### IN YOUR BOX

- 2 Green Onions
- 1 Pork Tenderloin
- 2 fl. oz. Teriyaki Glaze
- ½ fl. oz. Toasted Sesame Oil
- 1 fl. oz. Seasoned Rice Vinegar
- 6 fl. oz. Pineapple Juice
- ½ oz. Mayonnaise
- 8 oz. Slaw Mix
- 1 tsp. Sriracha

**CONTAINS:** eggs, wheat, soy  
*Packaged in a facility that also packages peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients*

#### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- 3 Mixing Bowls
- Large Non-Stick Pan

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## Hawaiian BBQ Pork Medallions

with pineapple-Sriracha glaze and sesame 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!** Green onions are used three times. **White portions** are added to **marinade**, **green portions** are added to **dressing**, and **curls** garnish dish.
- ❑ **Heads Up!** **Sesame oil** and **rice vinegar** are used twice. Half of both are added to **marinade** and remaining of each are added to **dressing**.
- ❑ **Heads Up!** **Pineapple juice** is used twice. Half is added to **marinade** and remaining is added to **glaze**.
- ❑ **Spice Alert!** **Sriracha** is today's hot sauce du jour. Its garlicky-chile flavor complements just about everything. Use to taste or omit for less spice.

## FROM THE CHEF

Give the pan plenty of time to preheat to get a good sear on the pork.

### Did you know...

Quite the misnomer, a pineapple is not an apple or pine. It's actually a berry!



1

## Prepare the Ingredients

Trim and cut 2" pieces from green tops of **green onions**. Slice pieces into very thin strips and place in a mixing bowl with **cold water** to "curl" into a garnish (optional). Trim and thinly slice remaining green onions on an angle, keeping white and green portions separate. Pat **pork tenderloin** dry. On a separate cutting board, slice tenderloin into 8-10 medallions. Season both sides with  $\frac{1}{4}$  tsp. **pepper**.



4

## Add Slaw and Finish Marinating Pork

Add **slaw mix** to mixing bowl with **dressing** and toss to coat. Season with a pinch of **salt** and **pepper** and set aside. Remove **pork** from **marinade** and pat very dry with paper towels. Reserve marinade.



2

## Marinate the Pork

In a large mixing bowl, combine **teriyaki glaze**, **white portions of green onions**, half the **sesame oil**, half the **rice vinegar** (reserve remaining of both for slaw dressing), and half the **pineapple juice** (reserve remaining for glaze). Place **pork medallions** in marinade, toss to coat evenly, and let sit 10 minutes. While pork marinates, make the dressing.



5

## Cook the Pork

Heat 2 tsp. **olive oil** in a large non-stick pan over medium-high heat. Add **pork** to hot pan and cook until pork reaches a minimum internal temperature of 145 degrees, 3-4 minutes per side. Transfer pork to a plate. Add **marinade**, remaining **pineapple juice**, and half the **Sriracha** to pan and stir occasionally until a sticky glaze forms, 3-4 minutes. Taste, and add remaining Sriracha if desired. Remove from burner, return pork and any **accumulated juices** to pan, and flip to coat.



3

## Make the Dressing

In another large mixing bowl, combine **mayonnaise**, remaining **rice vinegar**, remaining **sesame oil**, **green portions of green onions** (reserve "curling" green portions for garnish), and a pinch of **pepper**.



6

## Finish the Dish

Plate as pictured on front of card. Bon appétit!