



**NUTRITION** *per serving* 32g carbohydrates 31g fat 48g protein 1152mg sodium | CONTAINS nuts | calorie-conscious, carb-conscious

 Calories  
**552**

 Prep & Cook Time  
**25-35 min.**

 Cook Within  
**6 days**

 Difficulty  
**Easy**

 Spice Level  
**Not Spicy**

#### IN YOUR BOX

5.6 fl. oz. Coconut Milk  
9 oz. Carrot  
¼ oz. Cilantro  
2 Heads of Baby Bok Choy  
1 Pork Tenderloin  
2 tsp. Chopped Ginger  
1 ½ oz. Tamarind Concentrate  
1 fl. oz. Sweet Chili Sauce  
½ oz. Hazelnut Pieces

#### IN YOUR KITCHEN

Olive Oil  
Salt  
Pepper  
Medium Non-Stick Pan  
Large Non-Stick Pan

  
**HOME CHEF**

# Tamarind-Glazed Pork Medallions

with coconut carrots and bok choy

[www.homechef.com/3864](http://www.homechef.com/3864)

## 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
- Shake **coconut milk** before use.

## WHILE YOU COOK

- Heads Up!** Cilantro is used twice. **Minced stems** are added to **vegetables**, and **leaves** garnish dish.

## FROM THE CHEF

This recipe calls for using only ½ cup coconut milk, but for an extra boost, feel free to add the whole can. If you have leftover coconut milk, save in an ice cube tray and freeze for later use.

### Did you know...

*Tamarind is edible fruit pulp from trees native to tropical Africa and has uses beyond the kitchen, including in medicines. It is a common ingredient in Indian chutneys and is the primary flavor of Jarritos, a Mexican soft drink.*



1

### Prepare the Ingredients

Peel, trim, and cut **carrot** into ¼” slices on an angle. Stem **cilantro**, mince stems, and coarsely chop leaves. Remove any discolored outer leaves from **bok choy** and trim ends. Cut stems into ¼” slices and coarsely chop leaves. Pat **pork tenderloin** dry. On a separate cutting board, slice tenderloin into eight medallions ½-¾” thick. Season both sides of medallions with ½ tsp. **salt** and ¼ tsp. **pepper**.



4

### Glaze the Pork

Return pan used to sear pork to medium-high heat. Add **tamarind**, **sweet chili sauce**, and 1 Tbsp. **water** to hot pan and stir. Bring to a simmer and return **pork medallions and any accumulated juices** to pan. Cook, flipping medallions occasionally, until pork is glazed and reaches a minimum internal temperature of 145 degrees, 1-2 minutes. Remove from burner.



2

### Sear the Pork

Heat 1 tsp. **olive oil** in a medium non-stick pan over medium-high heat. Add **medallions** to hot pan and cook until well-browned on both sides, 3-4 minutes per side. Transfer medallions to a plate. *Pork will finish cooking in a later step.* Reserve pan; no need to wipe clean.



5

### Finish the Vegetables

When carrots are tender, add **bok choy leaves** to pan with other vegetables. Stir and cook until leaves are just wilted, 1-2 minutes. Season with ¼ tsp. **salt** and a pinch of **pepper**.



3

### Start the Vegetables

Heat 1 tsp. **olive oil** in a large non-stick pan over medium-high heat. Add **carrot** to hot pan and cook undisturbed until lightly charred, 2-3 minutes. Reduce heat to medium and add ½ cup **coconut milk**, 2 Tbsp. **water**, **ginger**, and **cilantro stems**. Bring to a simmer, add **bok choy stems**, and cover. Cook until carrots are tender and coconut milk is slightly thickened, 4-6 minutes. While vegetables cook, glaze pork.



6

### Plate the Dish

Place **vegetables** on a plate and place **pork medallions** next to them. Drizzle pork with any remaining **glaze** from pan and garnish vegetables with **hazelnuts** and **cilantro leaves**.