



In your box

- 2 Green Onions
- 8 oz. Carrot
- 1 Pork Tenderloin
- 8 oz. Broccoli Florets
- .17 fl. oz. Toasted Sesame Oil
- 2 fl. oz. Sweet Chili Sauce
- 1 fl. oz. Ponzu Sauce
- 1 tsp. Multicolor Sesame Seeds



Sticky Glazed Pork Tenderloin

with sesame broccoli

NUTRITION per serving—Calories: 487, Carbohydrates: 35g, Fat: 29g, Protein: 46g, Sodium: 1608mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
35-45 min.

Cook Within
6 days

Difficulty Level 
Easy

Spice Level 
Mild

🕒 You will need

Olive Oil, Salt, Pepper, Cooking Spray

Baking Sheet, Medium Non-Stick Pan, Large Non-Stick Pan

👑 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 **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **green onions**



1

Prepare the Ingredients

- Peel, trim, and cut **carrot** into ¼” slices on an angle.
- Trim and thinly slice **green onions** on an angle, keeping white and green portions separate.
- Pat **pork tenderloin** dry, and season all over with ¼ tsp. **salt** and ¼ tsp. **pepper**.



2

Cook the Pork Tenderloin

- Place a medium non-stick pan over medium-high heat.
- Add 2 tsp. **olive oil** and **pork tenderloin** to hot pan. Cook on three sides until well-browned, 2-3 minutes per side.
- Transfer pork tenderloin to prepared baking sheet. Roast in hot oven until pork tenderloin reaches a minimum internal temperature of 145 degrees, 10-12 minutes.
- Rest cooked pork 5 minutes, then slice. Reserve pan; no need to wipe clean.
- While pork roasts, cook carrots.



3

Cook the Carrot Slices

- Place a large non-stick pan over medium-high heat.
- Add 2 tsp. **olive oil**, **carrot slices**, and **white portions of green onions** to hot pan. Stir often until carrot slices are lightly browned, 2-3 minutes.



4

Cook the Broccoli

- Stir **broccoli**, **sesame oil**, ¼ tsp. **salt**, and a pinch of **pepper** into pan.
- Add ¼ cup **water** and cover. Cook until water is mostly evaporated and vegetables are tender, 2-3 minutes.
- Remove from burner and set aside.



5

Make Glaze and Finish Dish

- Return pan used to sear pork tenderloin to medium heat.
- Add **sweet chili sauce**, **ponzu sauce**, **any accumulated juices from resting pork**, and 2 Tbsp. **water** to hot pan and stir. Bring to a boil, then immediately remove from burner.
- Plate dish as pictured on front of card, drizzling sliced pork with **glaze** and garnishing **vegetables** with **green portions of green onions** and **sesame seeds**. Bon appétit!