

# DINNERLY



## Soy-Ginger Pork Tenderloin with Garlic Rice & Green Beans



20-30min



2 Servings

Fact: Ooey-gooey glazes make pretty much everything better. In this recipe, we're amping up the flavor of pork tenderloin with a combination of some of our favorite Asian ingredients—ginger, tamari, and garlic—and a little honey thrown in for sweetness! We've got you covered!

### WHAT WE SEND

- 1 oz fresh ginger
- ½ oz pkt honey
- ½ oz tamari <sup>6</sup>
- 5 oz jasmine rice
- ½ lb green beans
- 10 oz pkg pork tenderloin

### WHAT YOU NEED

- neutral oil, such as vegetable
- sugar
- apple cider vinegar (or white wine vinegar)
- kosher salt & ground pepper
- garlic

### TOOLS

- small saucepan
- meat mallet (or heavy skillet)
- medium skillet

### ALLERGENS

Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 740kcal, Fat 29g, Carbs 74g, Protein 45g



#### 1. Make honey-ginger glaze

Peel and finely chop **1 tablespoon ginger**. Heat **1 tablespoon oil** in a small saucepan over medium. Add chopped ginger and **1 teaspoon sugar**; cook until fragrant, 3–4 minutes. Add **honey, tamari, 1 tablespoon vinegar**, and **3 tablespoons water**; cook until sauce is reduced to about 3 tablespoons, 3–4 minutes (watch closely). Transfer to a small bowl. Wipe out saucepan.



#### 2. Cook garlic rice

Peel and finely chop **1 teaspoon garlic**. Heat **1 tablespoon oil** in same saucepan over medium heat. Add chopped garlic and cook, stirring, until fragrant, about 30 seconds. Add **rice, 1¼ cups water**, and **½ teaspoon salt**; bring to a boil. Cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Remove from heat and keep covered until ready to serve.



#### 3. Prep pork

Meanwhile, trim ends from **green beans**. Cut **pork** crosswise to make a total of 4 (equal-sized) pieces. Use a meat mallet or heavy skillet to pound each piece to an even ¼-inch thickness. Season pork all over with **salt and pepper**.



#### 4. Cook green beans & pork

Heat **2 teaspoons oil** in a medium skillet over medium-high. Add **green beans** and **a pinch each of salt and pepper**; cook until tender and browned in spots, 5–6 minutes. Transfer to plates. Heat **2 teaspoons oil** in same skillet over high; add **pork** and cook until browned on one side, about 1 minute. Flip and top with **2 tablespoons of the glaze**; cook 1 minute.



#### 5. Finish & serve

Remove skillet from heat, then add **remaining honey-ginger glaze**, turning **pork** to coat. Fluff **rice** with a fork. Transfer **pork** to plates. Cook **pan juices** in skillet over high until thickened to a syrupy sauce, about 30 seconds. Serve **pork tenderloin** with **rice and green beans** alongside. Drizzle **soy-ginger sauce** drizzled over top. Enjoy!



#### 6. Make it ahead!

Get a jump on dinner by making the sauce in step 1 ahead of time. Store it in the fridge, then gently reheat in a small saucepan. Add water, 1 tablespoon at a time, if you need to help loosen it a bit.