



Teriyaki Pork Tenderloin

with Broccoli & Jasmine Rice



20-30min



2 Servings

Pork tenderloin makes for a perfect weeknight dinner—it's quick cooking, flavorful, and as the name suggests, super tender. The pork is seared in a hot skillet, then glazed in a sweet and savory teriyaki sauce and roasted alongside broccoli. Served with aromatic gingery jasmine rice, this dish packs all the flavor of your go-to takeout with an elevated twist.

What we send

- 1 oz fresh ginger
- 2 scallions
- ½ lb broccoli
- 10 oz pkg pork tenderloin
- 5 oz jasmine rice
- ¼ oz pkt toasted sesame seeds ¹
- 2 oz teriyaki sauce ^{2,3}

What you need

- kosher salt & ground pepper
- neutral oil
- sugar

Tools

- small saucepan
- medium skillet
- rimmed baking sheet

Allergens

Sesame (1), Soy (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 650kcal, Fat 17g, Carbs 76g, Protein 47g



1. Prep ingredients

Preheat oven to 450°F with racks in the upper third and center. Peel **half of the ginger** (save rest for own use); finely chop 1 teaspoon ginger, then thinly slice remaining ginger.

Trim **scallions**, then thinly slice, keeping dark greens separate. Cut **broccoli** into 1-inch florets, if necessary. Pat **pork** dry, then season all over with **salt** and **pepper**.



4. Roast pork & broccoli

In a medium bowl, toss **broccoli** with **2 teaspoons oil** and a **generous pinch of salt**. Transfer broccoli to baking sheet with **pork** (reserve bowl) and roast on center oven rack until pork is barely firm to the touch, slightly pink in the center, and 145°F internally, about 10 minutes.

Transfer broccoli back to same bowl and toss with **sesame seeds**. Cover to keep warm.



2. Cook rice

In a small saucepan, combine **rice**, **sliced ginger**, **1¼ cups water**, and **½ teaspoon salt**. Bring to a boil over high heat, then cover and cook over low until rice is tender and liquid is absorbed, about 17 minutes. Remove from heat and keep covered until ready to serve.



5. Make glaze & broil pork

Heat reserved skillet over medium-high. Add **chopped ginger** and **scallion whites**; cook until fragrant, 30 seconds. Add **teriyaki sauce** and **1 tablespoon sugar**. Cook, stirring, until reduced and glossy, about 1 minute.

Remove skillet from heat. Spoon **half of the glaze** over **pork**. Broil pork on upper oven rack until glaze is thickened slightly, about 2 minutes.



3. Brown pork

Heat **2 teaspoons oil** in a medium skillet over medium-high. Add **pork** and sear until golden-brown on the bottom, about 4 minutes. Flip pork, then transfer to a rimmed baking sheet. Reserve skillet for step 5.



6. Finish & serve

Transfer **pork** to a cutting board and let rest 5 minutes. Fluff **rice** with a fork; discard sliced ginger. Stir in **half of the scallion greens**.

Thinly slice **pork** across the grain. Drizzle with **remaining glaze** and garnish with **remaining scallions**. Serve with **rice** and **broccoli**. Enjoy!