

DINNERLY



No Chop! Sweet & Sour Pork Tenderloin with Broccoli & Rice



20-30min



2 Servings

Dinner needs to be on the table ASAP. Do you A) Order take-out for the umpteenth time? Or B) Make this sweet and sour pork and broccoli? Personally, we'd choose B. This dish requires absolutely no prepwork—just steam the rice, roast the pork and broccoli together, and brush sweet and sour sauce on top. So put your knife away and enjoy your Dinnerly without the stress or mess! We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- 10 oz pkg pork tenderloin
- ½ lb broccoli
- 2 (2 oz) sweet & sour sauce⁶
- ¼ oz pkt toasted sesame seeds¹¹
- ½ oz chili garlic sauce

WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil

TOOLS

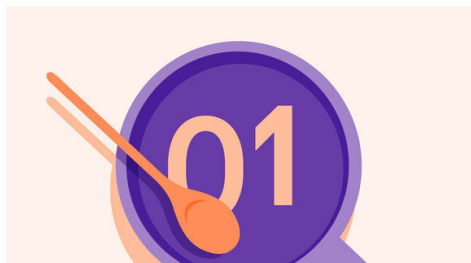
- small saucepan
- medium ovenproof skillet

ALLERGENS

Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

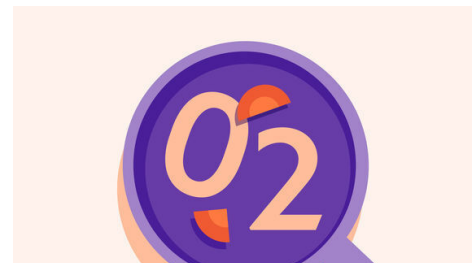
Calories 610kcal, Fat 7g, Carbs 86g, Protein 45g



1. Cook rice

Preheat oven to 450°F with a rack in the upper third.

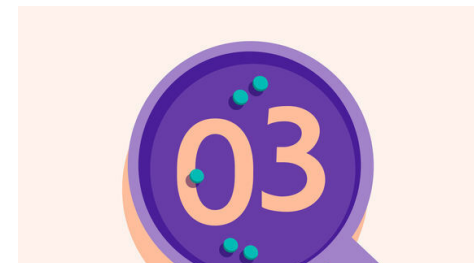
In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**; bring to a boil over high heat. Reduce heat to low, cover, and cook until rice is tender and water is absorbed, about 17 minutes. Keep covered off heat until ready to serve.



2. Roast pork & broccoli

Pat **pork** dry. Rub with **oil**, then season all over with **salt** and **pepper**.

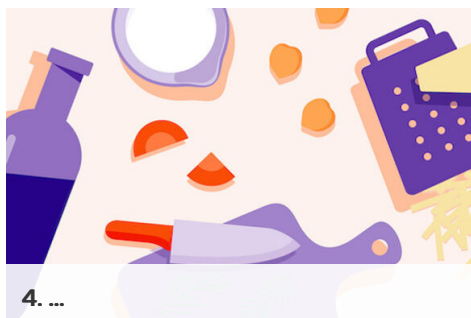
Break **broccoli** into 1-inch florets, if necessary. In a medium ovenproof skillet, drizzle broccoli with **oil**; season with **salt** and **pepper**. Toss to coat; spread in an even layer. Nestle pork in center of skillet. Roast on upper oven rack until pork is almost cooked through 8–12 minutes.



3. Broil & serve

Switch oven to broil. Brush **pork** with **some of the sweet and sour sauce**. Return to oven and broil until caramelized and internal temperature registers 145°F, 2–3 minutes. Let rest 5 minutes.

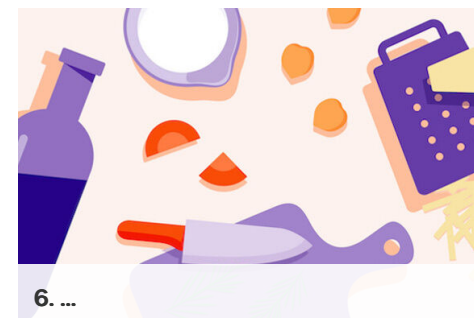
Serve **sweet and sour pork** with **broccoli** and **rice**. Top with **remaining sauce**, **sesame seeds**, and **chili garlic sauce**, if desired. Enjoy!



What were you expecting, more steps?



You're not gonna find them here!



Kick back, relax, and enjoy your Dinnerly!