

# DINNERLY



## Teriyaki Pork Tenderloin with Asian Noodles



20-30min



2 Servings

Is it just us or does everything thing teriyaki sauce touches taste like it's been doused in liquid gold? The main components are soy sauce, sake (or mirin), sugar, and ginger. We use it first to marinate juicy pork tenderloin, then to create a caramelized glaze on the pork, and finally to make a teriyaki-sesame dressing for the rice noodles. Don't mind us—we'll just be here licking our bowls clean. We've got you covered!

## WHAT WE SEND

- 7 oz pkg stir-fry noodles
- 2 oz teriyaki sauce <sup>1,6</sup>
- 10 oz pkg pork tenderloin
- garlic (use 1 large clove)
- 1 oz scallions
- 1 carrot
- ½ oz toasted sesame oil <sup>11</sup>

## WHAT YOU NEED

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

## TOOLS

- large saucepan
- colander
- medium baking dish
- meat mallet (or heavy skillet)
- box grater
- medium nonstick skillet

## ALLERGENS

Wheat (1), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 700kcal, Fat 18g, Carbs 97g, Protein 38g



### 1. Cook noodles

Bring a large saucepan of **salted water** to a boil. Add **noodles** to boiling water, stir, and cook until just tender, 5–8 minutes. Drain, rinse with cool water, then drain well again; set aside. While noodles cook, combine **2 tablespoons of the teriyaki sauce, 1 tablespoon vinegar, ¼ cup water, and 2 teaspoons sugar** in a medium, shallow baking dish; stir to dissolve sugar.



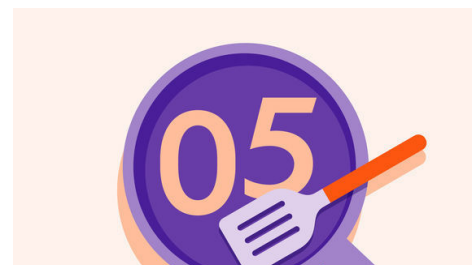
### 4. Cook pork

Heat **2 teaspoons neutral oil** in a medium nonstick skillet over high. Remove **pork**, allowing excess marinade to drip back into dish; add pork to skillet. Cook until pork is golden-brown and just cooked through, 2–3 minutes per side (reduce heat if browning too quickly). Add **excess marinade** to skillet, turning to coat pork; bring to a boil. Cook until reduced slightly, about 1 minute.



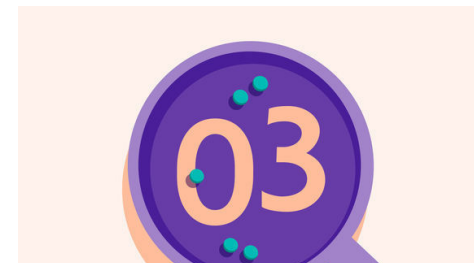
### 2. Prep & marinate pork

Using a sharp knife, carefully cut each piece of **pork tenderloin** horizontally (parallel to cutting board) almost completely in half, but not all the way through. Open each up like a book and pound into thin cutlets, about ¼-inch thick. Transfer pork to baking dish with **teriyaki marinade** and toss gently to coat; set aside to marinate.



### 5. Finish & serve

Transfer **pork** to a cutting board to rest; set skillet aside. To bowl with **teriyaki-sesame dressing**, add **cooked rice noodles, grated carrot, and half of the scallions**; toss to combine. Slice **teriyaki pork tenderloin** and serve over **rice noodles**. Drizzle **teriyaki pan sauce** over, then sprinkle with **remaining scallions**. Enjoy!



### 3. Prep ingredients

Peel and finely chop ½ **teaspoon garlic**. Trim and discard ends from **scallions**, then thinly slice. Grate **carrot** on the large holes of a box grater. In a large bowl, whisk to combine chopped garlic, **remaining teriyaki sauce, 1 tablespoon vinegar, 1 teaspoon sugar, 1 teaspoon sesame oil, and 1 tablespoon neutral oil**.



### 6. Take it to the next level

Sprinkle the final dish with toasted sesame seeds or add a big hit of crunch with chopped peanuts or cashews.