

DINNERLY



FAST

NO ADDED GLUTEN

Ginger-Honey Pork Tenderloin with Rice & Green Beans



20-30min



2 Servings

Fact: Ooey-goey 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! Make sure you use the rice to sop up every last bit of that sauce. We've got you covered!

WHAT WE SEND

- 1 oz fresh ginger (use 1 Tbsp)
- ½ oz pkt honey
- ½ oz tamari in fish-shaped pod ⁶
- garlic (use 1 large clove)
- 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

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.

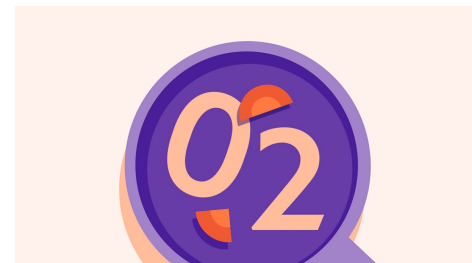
NUTRITION PER SERVING

Calories 670kcal, Fat 27g, Carbs 71g, Protein 37g



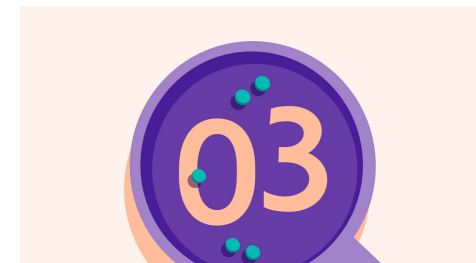
1. Make honey-ginger glaze

Peel and finely chop **1 tablespoon ginger**. Heat **1 tablespoon oil** in a small saucepan over medium, then add chopped ginger and **1 teaspoon sugar**; cook until fragrant, 3–4 minutes. Add **honey, tamari, 1 tablespoon vinegar**, and **3 tablespoons water** to saucepan. Cook until sauce is syrupy and reduced to 3 tablespoons, 3–4 minutes. 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. Add chopped garlic and cook, stirring, until fragrant, about 30 seconds. Add **rice, 1¼ cups water**, and **1 teaspoon salt**; bring to a boil. Cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Cover to keep warm until ready to serve.



3. Prep pork

Meanwhile, trim ends from **green beans**. Cut each piece of **pork** crosswise to make 4 (equal-sized) pieces; using a meat mallet (or heavy skillet) pound each 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 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, with **green beans and rice** alongside. Cook **pan juices** over high until reduced to a syrupy sauce, about 30 seconds, then drizzle over **pork tenderloin**. 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.