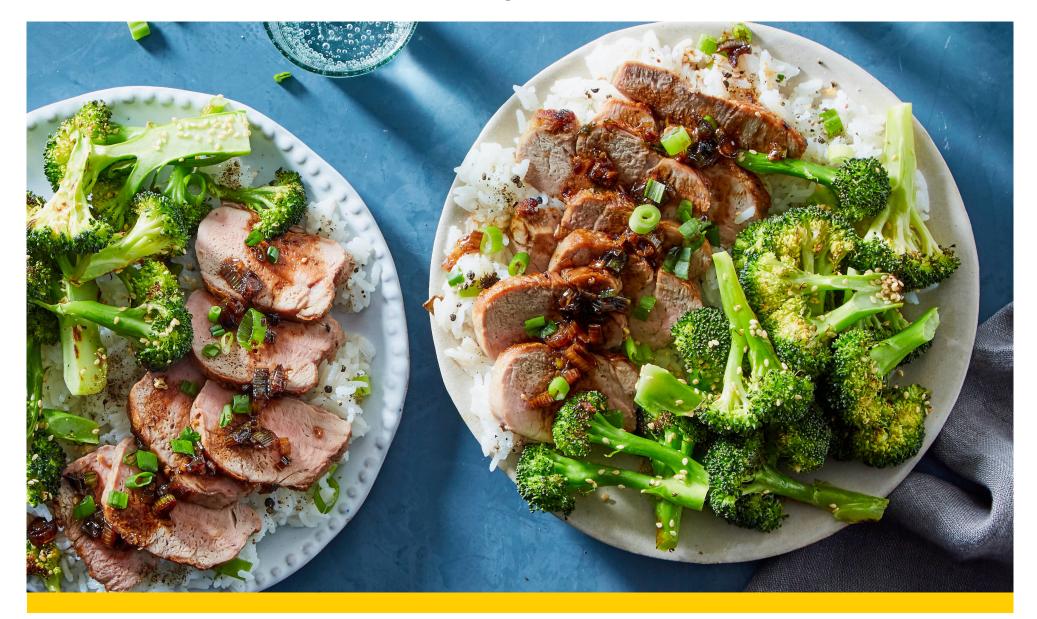
MARLEY SPOON



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 (use half)
- 1 oz scallions
- ½ lb broccoli
- 10 oz pkg pork tenderloin
- 5 oz jasmine rice
- toasted sesame seeds ¹¹
- 1 pkt teriyaki sauce ^{1,6}

What you need

- kosher salt & ground pepper
- neutral oil
- sugar

Tools

- small saucepan
- medium skillet
- rimmed baking sheet

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 600kcal, Fat 15g, Carbs 74g, Protein 40g



1. Prep ingredients

Preheat oven to 450°F with racks in the center and upper third. Peel **half of the ginger** (save rest for own use). Finely chop 1 teaspoon of the ginger, and thinly slice the rest. Trim **scallions**, then thinly slice, keeping dark greens separate. Trim stem ends from **broccoli**, then cut crowns into 1-inch florets. Pat **pork** dry and season all over with **salt** and **pepper**.



2. Cook rice

In a small saucepan, combine **rice**, **sliced ginger**, **1¼ cups water**, and **½ teaspoon salt**. Bring to a boil; 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.



3. Brown pork

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



4. Roast pork & broccoli

In a medium bowl, toss **broccoli** with **2 teaspoons oil** and **a generous pinch of salt**. Transfer broccoli to same baking sheet as **pork**. Roast on center oven rack until pork is barely firm to the touch and a thermometer inserted into the center reaches 145°F, and broccoli is crisptender, about 10 minutes. Transfer broccoli to same bowl; toss with **sesame seeds**. Cover to keep warm.



5. Make glaze

Heat reserved skillet over medium-high. Add **chopped ginger** and **scallion whites and light greens**. Cook until fragrant, 30 seconds. Add **teriyaki sauce** and **1 tablespoon sugar**. Cook, stirring, until reduced to 3 tablespoons, 1 minute. Spoon half of the glaze over the pork. Broil on upper oven rack until glaze is thickened slightly, about 2 minutes (watch closely as broilers vary).



6. Finish & serve

Transfer **pork** to a cutting board and let rest for 5 minutes. Fluff **rice** with a fork; discard sliced ginger. Stir in **half of the scallion dark greens**. Thinly slice **pork** across the grain. Drizzle with **remaining glaze** and garnish with **remaining scallion dark greens**. Serve with **rice** and **broccoli**. Enjoy!