



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**.



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 crisp-tender, about 10 minutes. Transfer broccoli to same bowl; 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; 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

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).



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.



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!