



Chinese Five-Spice Pork Tenderloin

with Sesame Snap Peas & Stir-Fried Udon



20-30min



2 Servings

Chinese five-spice has a long history in Chinese cuisine—long said to be a treat for your taste buds as well as the body. The five spices vary slightly from region to region (and household to household). Still, one thing remains the same—balance. All five flavors come together in perfect harmony: sour, bitter, sweet, spicy, and salty. The blend usually consists of star anise, cinnamon, fennel seed, peppercorns, and clove.

What we send

- Chinese five-spice (use 1½ tsp)
- 10 oz pkg pork tenderloin
- 1 oz fresh ginger
- garlic (use 1 large clove)
- 1 oz scallions
- 4 oz snap peas
- 7 oz pkg udon noodles ¹
- 2 (½ oz) tamari in fish-shaped pods ⁶
- ¼ oz fresh cilantro
- mixed sesame seeds ¹¹

What you need

- kosher salt & pepper
- neutral oil
- apple cider vinegar (or white wine vinegar)
- sugar

Tools

- medium pot
- medium ovenproof 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 910kcal, Fat 50g, Carbs 73g, Protein 48g



1. Marinate pork

Preheat oven to 450°F with a rack in the center. Bring a medium pot of **salted water** to a boil. In a medium bowl, combine **1½ teaspoons of the Chinese five-spice**, **1 tablespoon oil**, **¾ teaspoon salt**, and **a few grinds of pepper**. Pat **pork** dry, then transfer to bowl, turning to coat in spice rub. Set aside to marinate at room temperature until step 4.



4. Cook noodles & prep sauce

While **pork** roasts, add **udon noodles** to boiling water and cook, stirring occasionally to prevent sticking, until just tender, about 4 minutes. Drain udon, rinse under cold water, and drain well again (reserve pot for step 5). In a small bowl, combine **tamari**, **2 tablespoons water**, **1 tablespoon oil**, **1 teaspoon vinegar**, and **½ teaspoon sugar**, whisking until sugar dissolves.



2. Prep snap peas

Trim **snap peas**, then thinly slice lengthwise. In a medium bowl, combine **1 tablespoon vinegar** and **2 tablespoons oil**. Season to taste with **salt** and **pepper**. Add snap peas and toss to coat; set aside until step 6. Peel and finely chop **1 tablespoon ginger** and **1 teaspoon garlic**. Trim **scallions**, then thinly slice.



5. Stir-fry udon noodles

Heat **1 tablespoon oil** in reserved pot over medium-high. Add **chopped ginger and garlic** along with **half of the scallions**, and cook, stirring, until fragrant, about 2 minutes. Add **noodles** and **sauce**; cook, stirring, until noodles are coated, about 30 seconds. Remove from heat, then season to taste with **salt** and **pepper**. Stir in remaining scallions.



3. Sear & roast pork

Heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Add **pork** and sear until browned on the bottom, 2-3 minutes. Flip pork, transfer skillet to center oven rack, and roast until pork is firm to the touch, slightly pink, and reaches an internal temperature of 145°F, 8-10 minutes. Transfer pork to a cutting board, tent with foil, and let rest for at least 5 minutes.



6. Finish & serve

Coarsely chop **cilantro leaves and stems** together. Add **sesame seeds** and **cilantro** to **snap peas**, stirring to combine. Season to taste with **salt** and **pepper**. Thinly slice **pork**. Serve **pork and any resting juices** over **stir-fried udon** with **sesame snap peas** alongside. Enjoy!