

SKU1742 hero

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. Cook, relax, and enjoy!

What we send

- toasted sesame seeds
- fresh ginger
- pork tenderloin
- jasmine rice
- scallions
- broccoli crowns

What you need

- kosher salt & ground pepper
- sugar

Tools

- fine-mesh sieve
- medium skillet
- rimmed baking sheet
- small saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 580kcal, Fat 12g, Carbs 73g, Proteins 38g



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) and finely chop **1 teaspoon**, then thinly slice the rest. Trim ends from **scallions**, then thinly slice, keeping dark greens separate. Cut **broccoli** into 1-inch florets. Pat **pork** dry, then season all over with **a pinch of salt** and **a few grinds 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** (reserve bowl) and roast on the center oven rack until pork is barely firm to the touch and slightly pink in the center, about 10 minutes. Transfer broccoli to same medium bowl and toss with **sesame seeds**. Cover to keep warm.



2. Cook rice

Rinse **rice** in a fine-mesh sieve until water runs clear. Transfer rice, **sliced ginger**, **1¼ cups water**, and **½ teaspoon salt** to a small saucepan. Bring to a boil; cover and cook over low until rice is tender and liquid is absorbed, about 17 minutes. Remove from heat and cover to keep warm.



5. Build glaze

Heat reserved skillet over medium-high. Add **chopped ginger** and **scallion whites**. Cook until fragrant, 30 seconds. Add **1 tablespoon sugar** and **teriyaki sauce**. Cook, stirring, until reduced to 3 tablespoons, about 1 minute. Remove skillet from heat. Spoon half of the glaze over the pork. Broil in upper third until glaze is thickened slightly, about 2 minutes.



3. Brown pork

Heat **2 teaspoons oil** in a medium skillet over medium-high. Add **pork** and sear until golden brown on 1 side, about 4 minutes. Flip pork then transfer to a rimmed baking sheet. Reserve skillet for step 5.



6. Finish & serve

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