



FIVE-SPICE ROASTED PORK

with Veggie Noodle Stir-Fry

FAMILY



HELLO

CHINESE FIVE SPICE

Five-spice powder is a spice mixture of five or more spices used in Chinese cooking

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 618



Pork Tenderloin



Chow Mein Noodles



Hoisin-Soy Sauce Blend



Chinese Five Spice



Honey



Broccoli, florets



Green Onions



Rice Vinegar



Green Peas



Garlic

BUST OUT

- Garlic Press
- Measuring Cups
- Large Non-Stick Pan
- Strainer
- Baking Sheet
- Large Pot
- Measuring Spoons
- Whisk
- Medium Bowl
- Salt and Pepper
- Paper Towel
- Olive or Canola oil
- Small Bowl

INGREDIENTS

4-person

- Pork Tenderloin 680 g
- Chow Mein Noodles 1 400 g
- Hoisin-Soy Sauce Blend 1,4,8,9 4 tbsp
- Chinese Five Spice 1 tsp
- Honey 3 tbsp
- Broccoli, florets 454 g
- Green Onions 4
- Rice Vinegar 2 tbsp
- Green Peas 113 g
- Garlic 10 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 71°C/160°F.



START STRONG

Preheat your oven to **450°F** (to roast the pork). Start prepping when your oven comes up to temperature!



1 PREP
Wash and dry all produce.* Thinly slice the **green onions**. Mince or grate the **garlic**. Cut any large **broccoli florets** into bite-size pieces. Pat the **pork** dry with paper towels, then season with **salt and pepper**. In a large pot, add **10 ½ cups water**. Cover and bring to a boil over high heat.



4 COOK SAUCE
Meanwhile, in a small bowl, whisk together the **hoisin-soy blend, honey, vinegar, Chinese five spice** and **2 tbsp water**. Season with **pepper**. Heat the same non-stick pan over medium. When the pan is hot, add the **sauce**. Cook, stirring, until the **sauce** slightly thickens, 1-2 min. Remove from heat and set aside.



2 SEAR PORK
Meanwhile, heat a large non-stick pan over medium-high heat. When the pan is hot, add **1 tbsp oil**, then the **pork**. Sear until golden-brown all over, 2-3 min per side. Meanwhile, on a baking sheet, toss the **broccoli** and **garlic** with **2 tbsp oil**. Season with **salt and pepper**. Set aside.



5 COOK NOODLES
When **pork** is done, transfer to a medium bowl. Pour over **half the sauce** from the pan. Set aside to marinate, 2-3 min. Meanwhile, add the **noodles** and **peas** to the large pot of **boiling water**. Cook until tender, 1-2 min. Drain and return **noodles** and **peas** to same pot. Add **remaining sauce** from the pan and **half the green onions** to the pot. Stir to coat **noodles**.



3 FINISH PORK
When the **pork** is golden-brown all over, remove the pan from the heat and transfer the **pork** to the same baking sheet with the **broccoli**. Roast in the middle of the oven, until the **broccoli** is tender and the **pork** is cooked through, 11-12 min. (**TIP:** Cook to a min. internal temp. of 71°C/160°F, as size may vary.**)



6 FINISH AND SERVE
On a cutting board, thinly slice the **pork**. Divide **noodles** between bowls. Top with **pork** and **broccoli**. Sprinkle over the **remaining green onions** and spoon over any **remaining marinade** from the medium bowl.

PERFECT

What goes great with pork?
Chow mein! These noodles are so lip-lickingly delicious.