



M A R
2017

Sesame-Crusted Pork

with Carrot Ribbons, Bok Choy and Peanut Noodles

Crusting your pork with sesame seeds is an interesting way to add flavour and texture. Served on a bed of delicious peanut noodles, we think you'll be licking this plate clean!



Pork Tenderloin



Ramen Noodles



Baby Bok Choy



Carrot



Peanut Butter



Soy Sauce



Oyster Sauce



Honey



Lime



Sesame Seeds

Ingredients

		4 People
Pork Tenderloin		2 pkg (680 g)
Ramen Noodles	1) 2)	3 pkg (330 g)
Baby Bok Choy		8
Carrot		2
Peanut Butter	3)	3 pkg (3 tbsp)
Soy Sauce	1) 4)	5 pkg (2 tbsp)
Oyster Sauce	4) 6)	1 pkg (3 tbsp)
Honey		2 pkg (2 tbsp)
Lime		1
Sesame Seeds	5)	1 pkg (2 tbsp)
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Egg/Oeuf
- 3) Peanuts/Cacahuète
- 4) Soy/Soja
- 5) Sesame/Sésame
- 6) Seafood/Fruits de mer

Tools

Small Bowl, Measuring Spoons, Baking Dish, Medium Pot, Vegetable Peeler, Strainer, Large Bowl, Measuring Cups

Ruler

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Nutrition per person Calories: 617 cal | Fat: 14 g | Protein: 50 g | Carbs: 76 g | Fibre: 7 g | Sodium: 1372 mg

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

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1 Preheat the oven to 400°F (to roast the pork). Start prepping when the oven comes up to temperature!

2 Prep the pork: In a small bowl, mix **2 tbsp oyster sauce** and **1 pkg honey**. Pat dry the **pork tenderloins** with paper towels, and place in a parchment-lined baking dish. Season with **salt** and **pepper**. Brush the pork all over with the **oyster sauce mixture**, then sprinkle all over with the **sesame seeds**.

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3 Roast the pork: Roast the **pork** in the centre of the oven, flipping the pork over halfway through cooking, until cooked to desired doneness, 20-25 min. (**TIP:** Inserting a thermometer into the cooked pork should display an internal temperature of 160°F.)

4 Prep: Meanwhile, **wash and dry all produce**. Bring a medium pot of **salted water** to a boil. Cut the **bok choy** into 1-inch pieces. Peel the **carrots** into ribbons using a vegetable peeler, rotating every 3 peels. Juice the **lime**.

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5 Cook the noodles: Add the **noodles** to the boiling water and cook until tender, 2-3 min. Drain and rinse the noodles in the strainer with cold water to prevent the noodles from sticking.

6 Cook the veggies: Add a drizzle of **oil** to the same pot, then the **carrots** and **bok choy**. Cook, stirring occasionally, until tender-crisp, 2-3 min.

7 Make the peanut sauce: Meanwhile, in a large bowl, whisk the **peanut butter**, **soy sauce**, **lime juice**, **remaining oyster sauce**, **remaining honey** and **1/4 cup water**. Add the **veggies** and **noodles**. Toss to combine.

8 Finish and serve: Thinly slice the **pork tenderloin**. Divide the **noodles** and **veggies** between bowls. Top with the **pork**. Drizzle over any **glaze** from the baking dish and enjoy!

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