



**Lean & Clean**



# Honey-Hoisin Glazed Pork Tenderloin

with Carrot-Ginger Puree & Haricots Verts

## SUPPLIES TO GATHER

- Preheated oven (450°F)
- Oven-safe saute pan with a lid (10 inches or larger)
- Kitchen tongs
- Oven mitt
- Cooking spoon
- Microwave-safe bowl
- Kitchen knife & cutting board
- Plate
- Paper towels
- Salt & pepper

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## GOBBLE LEAN & CLEAN DINNER KIT

Approximate Calories Per Serving

- Pork tenderloin – **153 cal**
- Carrot ginger puree – **131 cal**
- Baby shiitake mushrooms – **17 cal**
- Haricots verts – **26 cal**
- Honey-hoisin sauce – **88 cal**
- Chinese five-spice – **0 cal**
- Toasted sesame seeds – **5 cal**

## ALLERGENS Milk, soy, wheat

<b>420cal</b>	<b>17g</b>	<b>31g</b>	<b>39g</b>	<b>6g</b>
Calories Per Serving	Total Fat	Total Protein	Total Carbohydrate	Dietary Fiber

Use this detailed nutritional information for calculations with your preferred weight management app.

## HERE'S WHAT TO DO

- Gently rinse and pat dry the fresh produce. Then use your kitchen knife to thinly slice the **baby shiitake mushrooms**.
- Place the **pork tenderloin** on a plate and pat dry with paper towels. Then sprinkle with the **Chinese five-spice**, shaking off any excess seasoning. Lightly season with salt and pepper.
- Place a saute pan onto the stovetop, add 2 tbsp. of cooking oil and set the heat to **medium**. When the oil is hot, carefully place the **pork tenderloin** into the pan. **Be careful for any oil splatter.** Cover the pan with a lid, and cook for 3 min.
- Next, use tongs to turn over the **pork tenderloin**. Re-cover the pan with a lid, and cook for 3 additional min.



- Add the **haricots verts** into the pan, and use tongs to place the **pork tenderloin** on top of the **green beans**. Place the pan into the oven. Cook for 8 min, or until the pork reaches your desired doneness.
- **Use an oven mitt to carefully remove the pan from the oven.** Use tongs to transfer the **pork tenderloin** from the pan to a cutting board to rest before slicing.
- **Carefully** return the hot pan with **haricots verts** to the stovetop. Add the **baby shiitake mushrooms** into the pan, stir together, and set the heat to **medium**. Cook for 2 min, stirring occasionally.
- Next, pour the **honey-hoisin sauce** into the pan. Stir together and cook for 2 additional min. **Turn off the heat.**

- Meanwhile, add the **carrot ginger puree** to a microwave-safe bowl covered with a damp paper towel, and microwave for 1 min. Then stir, and microwave for 1 additional min.
- Let's plate: spoon the carrot ginger puree across the center of your serving plates. Use your kitchen knife to slice the pork into even pieces. Arrange the pork on top of the puree, and place the vegetables alongside the pork. Drizzle the remaining pan sauce over the pork, and garnish with **toasted sesame seeds**.



Please note: cooking times may vary due to different appliances and temperatures. Adjust cooking times accordingly.