



Ginger Pork with Aromatic Green Vegetables and Basmati Rice

This Asian marinated pork tenderloin gets a major flavour boost from a quick and easy marinade made with soy sauce, rice wine vinegar, sesame oil and other classic Asian ingredients. As with any Asian style recipe, the key is creating a balance of spicy, salty, sour and sweet flavors.

Ingredients

- Pork Tenderloin
- Rice Wine Vinegar
- Red Chilli
- Dark Soy Sauce
- Spring Onion
- Mixed Greens
- Ginger
 - Sugar Snap Peas
- Vegetable Stock Cube
 - Broccoli
- Basmati Rice
 - Green Beans

Your Pantry

- Olive Oil
- Salt

Nutritional Info

Calories: 536 kcal
Carbohydrates: 63 g
Protein: 40 g
Fat: 13 g

Allergens

[Soybeans \(Soy Sauce\)](#)
[Wheat \(Soy Sauce\)](#)
[Celery \(Stock Cube\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) Prepare the vegetables and meat

Peel the ginger and grate it. Finely chop the spring onion and chilli and set aside. Slice the pork into thin strips.

2) Boil the rice

Cover the rice in a pot with salted boiling water and simmer for 8 - 10 minutes. You should submerge your rice under about 1 inch of water.

3) Make the marinade

Combine $\frac{3}{4}$ of the rice wine vinegar and $\frac{3}{4}$ of the soy sauce in a dish or bowl [leave a splash of each for the stock in the next step]. Add the sesame oil to the rice wine and soy sauce mixture. Marinate the pork in this sauce and set aside for 5 minutes.

4) Make the stock

Make the stock to 500ml per stock cube and set aside 100 ml per person. Add in the remaining soy sauce and rice wine vinegar.

5) Cook the meat

Heat a drop of oil on a pan. Drop in the pork and stir fry for 3-4 minutes until sealed and lightly golden. Transfer to a plate.

6) Cook the ginger & vegetables

Add a little bit more oil to the pan along with the ginger and stir fry for 10 seconds. Tip in the mixed greens and continue to stir fry for 2-3 minutes until heated through. Splash a drop of water over the greens to help them cook.

7) Add the pork to the vegetables

Return the pork to the pan and stir in the hot stock mixture. Cook for a minute or so until bubbling, stirring all the time.

8) Plate the dish

Spoon the rice into bowls and spoon the ginger pork and greens on top. Scatter over the spring onions and chilli to serve.



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