



# TOGARASHI PORK & RICE BOWLS

*broccoli, quick-pickled veggies, spicy coconut-lime aioli*

**COOK TIME**  
30 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
770

**MENU**  
GLUTEN-FREE

Shichimi togarashi is one of our favorite ingredients for bringing Japanese-style heat to any meal. Here, pork tenderloins are coated in the spice blend (featuring cayenne, sesame seeds, nori, and orange peel) to form a toasty, fragrant crust. Quick-pickled radish and carrots add a tangy, crunchy accent to the pork, while a drizzle of coconut-lime aioli gives the dish a hint of creamy spice.

### INGREDIENTS (9 ITEMS)

- ½ cup **Jasmine rice**
- 1¼ oz **Daikon radish**
- 6 oz **Broccoli**
- 2 (6 oz) **Pork tenderloins\***
- ½ tsp **Shichimi togarashi**
- 1¼ oz **Carrots**
- 1 oz **Apple cider vinegar with cilantro & agave**
- 2¼ oz **Spicy coconut & lime aioli** E S T
- 1 tsp **Black & white sesame seeds**

### WHAT YOU'LL NEED

- small pot with lid
- medium sauté pan
- medium oven-safe sauté pan
- medium bowl
- measuring cup & spoons
- peeler
- thermometer
- oven mitt
- cooking oil
- salt & pepper

### ALLERGENS

- E EGGS
- S SOY
- T TREE NUTS (coconut)

**COOKING TIP** 4 If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

**Validate My Gluten Free Safe Spot**  
Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

\*Pork is fully cooked when internal temperature reaches 145 degrees.

Wash and dry fresh produce. Wash hands and surfaces after handling raw pork. Consuming raw or undercooked pork may increase your risk of foodborne illness. Go to [greenchef.com/faq](http://greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

## 1 COOK RICE

- Preheat oven to 400 degrees.
- Bring **jasmine rice**, 1 cup water, and about ¼ teaspoon salt to a boil in a small pot. Stir, then reduce heat to medium-low and cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water is absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork.

COOKING FOR  
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

## 2 PREP

- Carefully peel **daikon radish**. Lay flat and cut lengthwise into planks, about ¼ inch thick. Cut planks lengthwise into sticks, about ¼ inch thick.
- Cut **broccoli** into bite-size pieces if necessary.

## 3 SEASON & COOK PORK

- Pat **pork tenderloins** dry with paper towels. Season with **shichimi togarashi**, salt, and pepper.
- Heat about 1½ tablespoons cooking oil in a medium oven-safe sauté pan over medium-high heat. Add **pork** to hot pan. Sear 3-5 minutes on each side.
- Transfer pan to oven. Roast 8-12 minutes, or until pork is fully cooked.\*
- Transfer **pork** to a cutting board. Let rest at least 3 minutes.

*\*To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.*

## 4 QUICK-PICKLE VEGGIES

- Place **radish** and **carrots** in a medium bowl. Add **apple cider vinegar with cilantro and agave**.<sup>\*</sup> Lightly season with salt and pepper. Stir to combine. Let pickle at least 10 minutes, stirring occasionally.

*<sup>\*</sup>For a milder flavor, add 1-2 teaspoons cooking oil.*

## 5 SAUTÉ BROCCOLI

- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **broccoli** to hot pan. Cook 3-4 minutes, or until lightly browned, stirring occasionally.<sup>\*</sup> Season with salt and pepper to taste.

*<sup>\*</sup>If the pan seems dry while cooking, add another tablespoon cooking oil.*

## 6 PLATE YOUR DISH

- Cut **pork** into 5-6 slices each.
- Divide **rice** between bowls. Top with **togarashi-spiced pork**, **sautéed broccoli**, and **quick-pickled radish and carrots**. Drizzle with **spicy coconut and lime aioli** to taste. Garnish with **black and white sesame seeds**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (425g)

Amount per serving

**Calories** **770**

	% Daily Value*
<b>Total Fat</b> 44g	56%
Saturated Fat 8g	40%
Trans Fat 0g	
<b>Cholesterol</b> 110mg	37%
<b>Sodium</b> 630mg	27%
<b>Total Carbohydrate</b> 52g	19%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 2g Added Sugars	4%
<b>Protein</b> 43g	
Vitamin D 0mcg	0%
Calcium 150mg	10%
Iron 2mg	10%
Potassium 499mg	10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### All ingredients in this recipe:

**Pork Tenderloin** [pork], **Shichimi Togarashi** [orange peel, black pepper, garlic, hulled sesame seeds, black sesame seeds, chili powder, poppy seeds, nori powder], **Spicy Coconut-Lime Aioli** (Mayonnaise [organic expeller pressed soybean oil, water, organic egg yolks, organic whole eggs, organic distilled white vinegar, salt, organic white mustard (organic distilled vinegar, water, organic mustard seeds, salt, organic spices), organic lemon juice concentrate], Coconut Milk [organic coconut, coconut extract, water, organic guar gum], Hot Sauce [water, organic red bell peppers, organic onions, organic tomatoes (organic tomato puree [water, organic tomato paste], citric acid), organic white wine vinegar, sea salt, organic garlic powder, organic cayenne, xanthan gum], Lime Juice [lime], Puréed Ginger [ginger], Granulated Garlic), **Broccoli**, **Jasmine Rice** [jasmine rice], **Black & White Sesame Seeds** (White Sesame Seeds, Black Sesame Seeds [black sesame seeds]), **Seasoned Apple Cider Vinegar** (Apple Cider Vinegar [apple cider vinegar], Cilantro, Agave [organic agave syrup]), **Carrots**, **Daikon Radishes**

### Allergen information:

Contains Tree Nuts, Egg And Soy

*Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.*

*Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.*

