



# PORK WITH KOREAN FRIED RICE

*with carrots, peas, kimchi, gochujang-style sauce & sesame seeds*

**COOK TIME**  
30 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
750

**MENU**  
GLUTEN-FREE

Korean gochujang sauce, a red chili paste-based condiment, imparts this dish with sweet, savory, and spicy flavors. Here, we add it to fried rice tossed with carrots, peas, and daikon kimchi, stir-fried until all the rich flavors intermingle. Pork tenderloins, pan-seared then roasted to a juicy finish, are served over top. A sprinkle of black and white sesame seeds makes a striking garnish.

### INGREDIENTS (7 ITEMS)

- 2 (6 oz) **Pork tenderloins**
- ½ cup **Jasmine rice**
- 2 ¾ oz **Carrots**
- 2 ½ oz **Peas**
- 2 ¾ oz **Daikon kimchi**
- 2 ¾ oz **Korean gochujang-style sauce** <sup>T</sup>
- 1 tsp **Black & white sesame seeds**

### WHAT YOU'LL NEED

- small pot with lid
- large nonstick pan
- baking sheet
- measuring cup & spoons
- thermometer
- oven mitt
- cooking oil
- salt & pepper

### ALLERGENS

- <sup>T</sup> TREE NUTS (coconut)



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



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Food Service (GFFS) program.

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

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 [help.greenchef.com](http://help.greenchef.com) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

## 1 COOK RICE

- Preheat oven to 425 degrees.
- Bring **jasmine rice**, 1 cup water, and about ¼ teaspoon salt to a boil in a small pot. Stir. 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

- Roughly chop **daikon kimchi** if necessary.

## 3 SEASON & SEAR PORK

- Pat **pork tenderloins** dry with paper towels. Season with salt and pepper.
- Heat about 1 ½ tablespoons cooking oil in a large nonstick pan over medium-high heat. Add **pork** to hot pan. Sear 3-5 minutes on each side.

## 4 ROAST PORK

- Transfer **pork** to a lightly oiled, foil-lined baking sheet. Roast 8-12 minutes, or until pork is fully cooked.\*
- Transfer **pork** to a cutting board. Let rest at least 3 minutes.

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

## 5 MAKE FRIED RICE

- Heat about 1 ½ tablespoons cooking oil in pan used for pork over medium heat. Add **carrots, peas, and kimchi** to hot pan. Cook 4-5 minutes, or until carrots are tender, stirring occasionally.
- Transfer **rice** to pan. Add about half of the **Korean gochujang-style sauce**. Salt and pepper to taste.\* Cook 2-3 minutes, or until sauce is warmed through, stirring occasionally.

\*Taste the fried rice after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious final product.

## 6 PLATE YOUR DISH

- Cut **pork** into 6-8 slices each.
- Divide **Korean fried rice** between bowls. Shingle **roasted pork tenderloins** over top. Drizzle with remaining **gochujang-style sauce**. Garnish with **black and white sesame seeds**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (423g)

Amount per serving

**Calories** 750

	% Daily Value*
<b>Total Fat</b> 36g	46%
Saturated Fat 6g	30%
Trans Fat 0g	
<b>Cholesterol</b> 95mg	32%
<b>Sodium</b> 1090mg	47%
<b>Total Carbohydrate</b> 62g	23%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 1g Added Sugars	2%
<b>Protein</b> 43g	
Vitamin D 0mcg	0%
Calcium 109mg	8%
Iron 2mg	10%
Potassium 264mg	6%

\* 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 Tenderloins**, **Jasmine Rice** [jasmine rice], **Daikon Kimchi** [organic daikon, organic napa cabbage, organic green cabbage, organic garlic, crushed red chili peppers, organic ginger, sea salt], **Peas**, **Carrots**, **Korean Gochujang-Style Sauce** (Garlic, Yellow Onions, Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Pear Juice, Puréed Ginger [organic ginger], Coconut Nectar [coconut tree sap nectar], Sugar-Free Sriracha Sauce [roasted red peppers, tomato paste, vinegar, fresh jalapeño peppers, filtered water, pear juice concentrate, sea salt, Sriracha seasoning blend, smoked serrano powder, additional spices], Sea Salt, Toasted Sesame Oil [organic toasted sesame oil], Ascorbic Acid [ascorbic acid]), **Black & White Sesame Seeds** (White Sesame Seeds, Black Sesame Seeds)

### Allergen information:

Contains Tree Nuts

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.