
5 Spice Pork Tenderloin with Baby Bok Choy

Description

This Asian inspired dish is perfect served by itself or with fragrant, nutty brown Jasmine rice. It's hard to believe something so satisfying could be healthy, but the lean pork tenderloin and abundance of veggies and heart healthy edamame make this dish a healthful superstar!

Total time: 35 min Yield: 4 Servings

Ingredients

2 tsp canola or vegetable oil
1 lb pork tenderloin
salt
pepper
6 shallots (thin sliced)
1 Tbsp low-sodium soy sauce
1 clove garlic (minced)
1 Tbsp agave (honey can be substituted)
1/2 tsp 5 spice powder
1" piece of fresh ginger (peeled and minced)
1 cup chicken broth
3 1/2 cup button mushrooms (sliced)
1 bunch baby bok choy
1 cup edamame (shelled)

Prep Time: 35 min Total Time: 35 min

Instructions

Heat a large skillet on medium high. While it's heating, brush the oil on the pork. Season to taste with salt and pepper, then place the pork into the skillet. Sear all sides to a golden brown then add the shallots and sauté until the shallots just start to get soft.

Mix together the soy sauce, garlic, agave, 5 spice, and minced ginger and pour over the pork, turning and brushing the sauce onto the entire surface. Next, pour the chicken broth into the skillet and bring to a boil, then reduce the heat and simmer gently for 20 minutes. If your skillet has a cover then place the lid on. Turn the pork every five minutes to allow all sides to simmer in the juices. Remove the pork and check for doneness by slicing into the thickest area - the meat should be cooked through with only a hint of pink in the center. Set aside and bring the liquid to a boil before adding the mushrooms, baby bok choy and edamame. Turn the heat down and simmer for 3 to 4 minutes or until the vegetables are tender.

Slice the pork diagonally and serve over a bed of the vegetables with a drizzle of the chicken stock mixture on top. Enjoy with brown rice for a healthy, well-rounded meal.

Recipe brought to you by:

Chef Michi Holland

Source:

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