Main dishes / China

jasmine rice with pork tenderloin and courgette · China

A complete grain dish with pork tenderloin, courgette and a China-inspired seasoning.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 280 g jasmine rice
- ☐ 500 g courgette
- ☐ 10 g finely grated fresh ginger
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g pork tenderloin
- ☐ 25 ml soy sauce
- ☐ 15 ml rice vinegar

Let's make it.

01 Cook the jasmine rice in plenty of water according to its packet, then drain well.

02 Clean the courgette and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the courgette and cook for a few minutes. Add a splash of water, cover and cook for 7 minutes.

04 Cook the pork tenderloin thoroughly in a separate pan until the centre reaches at least 71°C.

05 Combine the cooked grain, vegetables and main ingredient. Stir in the soy sauce, finely grated fresh ginger, rice vinegar and taste before serving.

AI-developed, not kitchen-tested.

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