

Oriental Pork Loin with Rice & Stir-fry Veggies

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Ingredients

1 lb. pork tenderloin – sliced to 1/2" thick slices
3 green onions – trimmed, sliced
2 cloves garlic – minced
1/2 cup soy sauce
1/4 cup sesame seeds
3 Tbls. granulated sugar
2 Tbls. vegetable oil OR sesame oil
1 Tbls. minced fresh ginger OR 2 tsp. ground ginger
2 cups water
1 cup uncooked white OR brown rice
1 lb. bag frozen stir-fry vegetables

Directions

Lay slices of pork in a 9" X 9" X 2" baking pan, slightly overlapping.

Combine onions, garlic, soy sauce, sesame seeds, sugar, and oil and pour over pork.

Refrigerate for at least 1 hour.

Pour marinade off pork into a small saucepan; set aside marinade.

Bake pork in a 375 degree oven for 45-60 minutes, until pork is cooked through.

In the meantime, bring water to a boil in a 2-quart saucepan; stir in rice; cover and simmer for 15 minutes; add vegetables to pot and simmer, covered, an additional 5 minutes.

Bring reserved marinade to a boil and simmer for 5 minutes.

Spoon rice/vegetables onto 4 plates, place slices of pork on top, and serve with marinade in bowls on the side.