

Glazed Pork Tenderloin In Chinese Plum Sauce

Yield: 4 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-with-chinese-salted-plums>

Ingredients:

- 1 1/2 pounds pork tenderloin trimmed of any fat and silverskin
- sea salt
- ground black pepper
- bok choy
- jasmine rice
- sesame seeds to serve
- 5 large garlic cloves chopped
- 1 Thai chili chopped
- 1 piece fresh ginger root peeled and grated
- 2 3/4 cups plums pitted and chopped dark
- 2 tablespoons dark soy sauce
- 2/3 cup rice vinegar
- 2 star anise very finely ground
- 1 cup sugar
- 1 tablespoon honey
- 1 onion chopped

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 72 grams
3. Cholesterol: 110 milligrams
4. Fat: 8 grams
5. Fiber: 2 grams
6. Protein: 38 grams
7. SaturatedFat: 2 grams
8. Sodium: 740 milligrams
9. Sugar: 67 grams

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