

## **Pork Tenderloin, Kabocha & Persimmon Nimono** (2 servings)


- Pork tenderloin (ヒレ肉) – 220 g, cut into 2 cm medallions
- Kabocha – 200 g, peeled and cut into bite-size chunks
- Fuyu persimmon (柿) – 80–100 g (about ½ medium), peeled and cut into small wedges *or* apple (Fuji works well) in same amount
- Red onion – 50 g, sliced
- Dashi stock (or water + 1 tsp coconut aminos) – 250 ml
- Soy sauce (low-sodium, or part coconut aminos) – 1 tbsp
- Mirin – 1 tbsp
- Sake – 1 tbsp
- 黒糖 (Okinawan brown sugar) – 1 tsp (≈4 g)
- Fresh ginger – 1 tsp, grated
- Sesame oil – 1 tsp (for finishing)
- Scallions – 1, thinly sliced (for garnish)



1. Heat a nonstick pan, sear **pork** medallions lightly on both sides (about 1 min per side). Remove to a plate.
2. In a small pot, combine **dashi**, **shoyu**, **mirin**, **sake**, 黒糖, **onion**, and **ginger**. Bring to a gentle simmer.
3. Add **kabocha**, cover, and **simmer 8 minutes**.
4. Add 柿(or りんご) chunks and continue **simmering another 3–4 minutes** until both kabocha and fruit are just tender.
5. Return pork medallions to the pot for the **last 4 minutes**, just until cooked through but still juicy.
6. Drizzle with **sesame oil**, garnish with **scallions**, and serve warm.

### **Nutrition (per serving, 1/2 recipe, with persimmon)**

- Calories: ~350 kcal
- Protein: 28 g
- Fat: 10 g
  - Sat. Fat: 2 g
- Carbs: 33 g
  - Sugars: ~14 g (kabocha + persimmon + 黒糖)
- Fiber: 5 g
- Sodium: ~520 mg

 A note: Persimmon (柿) holds its shape nicely when gently simmered and gives a honeyed sweetness. Apple softens more quickly and adds brighter acidity. Either way, cutting the 黒糖 in half keeps the dish balanced.

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**Paired Side Dish:**

**Daikon & Carrot Sunomono (酢の物)**

2 servings

Daikon – 150 g, peeled, thinly julienned

Carrot – 40 g, peeled, thinly julienned

Rice vinegar – 2 tbsp

Sugar – 1 tsp

Coconut aminos (or low-sodium soy sauce) – 1 tsp

Salt – pinch (for drawing water out)

Toasted sesame seeds – ½ tsp



1. Sprinkle daikon and carrot lightly with salt, toss, and let sit 5 minutes. Squeeze out excess water.
2. Mix vinegar, sugar, and coconut aminos in a small bowl until dissolved.
3. Toss vegetables with the dressing, sprinkle with sesame seeds, and serve chilled.

👉 **Nutrition (per serving):** ~55 kcal, Protein 1 g, Fat 1 g, Carbs 12 g, Sugars 6 g, Fiber 2 g, Sodium ~120 mg.