



COOK TIME 30 MIN CALORIES PER SERVING 760



TERIYAKI PORK CHOP RICE BOWLS

fried egg, stir-fried broccoli, corn & edamame, Sriracha

This rice bowl is the perfect meal when you want something satisfying and full of flavor. Fragrant and fluffy jasmine rice is the foundation for a colorful stir-fry of broccoli, corn, and edamame. Add sliced pork that's coated in a sweet and spicy teriyaki Sriracha sauce, plus a quick fried egg, for a seriously beautiful bowl.

2 SERVINGS 4 SERVINGS		INGREDIENTS
½ cup	1 cup	Jasmine rice
6 oz	12 oz	Broccoli
1¼ oz	2½ oz	Gluten-free teriyaki sauce ^S
1 whole	2 whole	Umami stock concentrate
¾ oz	1½ oz	Sriracha sauce
2 (5 oz)	4 (5 oz)	Boneless pork chops*
1½ oz	3 oz	Corn
1 oz	2 oz	Edamame ^S
2 medium	4 medium	Eggs ^E

CUSTOM CHEF

If you chose to modify your meal, follow the Custom Chef instructions on the flip side of this card.


 2 (5 oz)	4 (5 oz)	Organic chicken cutlets**
Calories: 720		

WHAT YOU'LL NEED

- small pot with lid
- medium nonstick pan
- large sauté pan
- mixing bowls
- measuring cup & spoons
- thermometer
- cooking oil
- sugar (1 tsp | 2 tsp)
- salt & pepper

ALLERGENS

- ^S SOY
- ^E EGGS

 Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

*Pork is fully cooked when internal temperature reaches 145°.
 **Chicken is fully cooked when internal temperature reaches 165°.

Wash and dry fresh produce. Wash hands and surfaces after handling raw pork, eggs, or poultry. Consuming raw or undercooked pork, eggs, or poultry may increase your risk of foodborne illness. Go to greenchef.com/faq for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 COOK RICE

- Bring **jasmine rice**, 1 cup water (**2 cups for 4 servings**), and ¼ teaspoon salt (**½ teaspoon for 4**) to a boil in a small pot. Stir, then reduce heat to medium low and cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water has absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork.

2 PREP BROCCOLI & MIX SAUCE

- Cut **broccoli** lengthwise into slices, about ¼ inch thick.
- Place **gluten-free teriyaki sauce**, **umami stock concentrate**, 1 teaspoon sugar (**2 teaspoons for 4 servings**), and **Sriracha sauce*** to taste in a small bowl. Stir to combine.

**If heat sensitive, use Sriracha sparingly.*

3 COOK PORK

- Pat **boneless pork chops** dry with paper towels. Season with salt and pepper.
- Heat 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **pork** to hot pan. Cook 3-4 minutes on each side, or until pork is fully cooked.
- Transfer **pork** to a cutting board. Let rest at least 3 minutes. (Reserve pan.)

🔄 Swap in **organic chicken cutlets** for boneless pork chops.

4 STIR-FRY VEGGIES

- Heat 1½ teaspoons cooking oil in pan used for pork over medium-high heat. Add **broccoli**, **corn**, and **edamame**. Season with salt and pepper. Stir to combine. Cook 3-5 minutes, or until broccoli is crisp-tender, stirring occasionally. Turn off heat. Transfer to a medium bowl. Wipe out pan.

5 WARM TERIYAKI SAUCE

- Add **teriyaki Sriracha sauce** to pan used for veggies over medium heat. Cook 1-2 minutes, or until sauce is warmed through. Remove from heat.

6 FRY EGGS

- Heat 1½ tablespoons cooking oil in a medium nonstick pan (**large nonstick pan for 4 servings**) over medium heat. Carefully crack **eggs** into hot pan. Cook until eggs reach desired doneness. Lightly season with salt and pepper.

7 PLATE YOUR DISH

- Cut **pork chops** into 5-7 slices each.
- Divide **rice** between bowls. Top with **stir-fried veggies**. Place **sliced pork** on one side of each bowl. Place **egg** on opposite side. Top **pork** with **teriyaki Sriracha sauce** to taste. Enjoy!

🔄 Cut **chicken cutlets** into 5-7 slices each.



MORE TO LOVE!

Explore Green Chef's expanded menu, with more variety than ever! Now offering 80+ unique, weekly options to choose from.

Teriyaki Pork Chop Rice Bowls

Nutrition Facts

2 servings per container

Serving size

1 (415g)

Amount per serving

Calories

760

% Daily Value*

Total Fat 40g **51%**

Saturated Fat 9g **45%**

Trans Fat 0g

Cholesterol 255mg **85%**

Sodium 1950mg **85%**

Total Carbohydrate 61g **22%**

Dietary Fiber 3g **11%**

Total Sugars 13g

Includes 10g Added Sugars **20%**

Protein 40g

Vitamin D 1mcg 6%

Calcium 93mg 8%

Iron 3mg 15%

Potassium 959mg 20%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: BONELESS PORK CHOPS (PORK, CONTAINING 12% SOLUTION OF PORK BROTH, WATER, SALT, PORK PROTEIN, NATURAL FLAVORING), BROCCOLI, JASMINE RICE, EGGS, OLIVE OIL**, SWEET CORN, GLUTEN-FREE TERIYAKI SAUCE (WATER, SOY SAUCE (WATER, SOYBEANS, SALT, SUGAR), GLUTEN-FREE TAMARI SAUCE (WATER, ORGANIC SOYBEANS, SALT), SUGAR, WINE, VINEGAR, ONION POWDER, GARLIC POWDER, GINGER POWDER, ALCOHOL, MODIFIED CORN STARCH, XANTHAN GUM, SALT, YEAST EXTRACT, CITRIC ACID, SPICES, NATURAL FLAVORS), EDAMAME, SRIRACHA SAUCE (CHILI OR JALAPENO PEPPERS, WATER, SUGAR, SALT, ORGANIC DISTILLED VINEGAR, GARLIC, ACETIC ACID, POTASSIUM SORBATE, SODIUM BISULFITE, XANTHAN GUM), UMAMI STOCK CONCENTRATE (VEGETABLE JUICE CONCENTRATES (ONION, CARROT, CELERY, TOMATO), TAPIOCA SYRUP, SALT, YEAST EXTRACT, XANTHAN GUM, CITRIC ACID, NATURAL FLAVOR), SUGAR**, SALT**.

CONTAINS: EGGS, SOY

**Information derived from the USDA's FoodData Central is used in the nutrition analysis, ingredient list, and allergen declaration of pantry items. Pantry items are found in the "What You'll Need" section of the recipe card.

Perishable Keep Refrigerated. It is recommended to consume recipes with shellfish and fish first. Produced in a facility that processes milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, sesame, and soy beans.

Net Wt. 28.4oz (804.1g)

Teriyaki Pork Chop Rice Bowls

Nutrition Facts

4 servings per container

Serving size

1 (415g)

Amount per serving

Calories

760

% Daily Value*

Total Fat 40g **51%**

Saturated Fat 9g **45%**

Trans Fat 0g

Cholesterol 255mg **85%**

Sodium 1950mg **85%**

Total Carbohydrate 61g **22%**

Dietary Fiber 3g **11%**

Total Sugars 13g

Includes 10g Added Sugars **20%**

Protein 40g

Vitamin D 1mcg 6%

Calcium 93mg 8%

Iron 3mg 15%

Potassium 959mg 20%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: BONELESS PORK CHOPS (PORK, CONTAINING 12% SOLUTION OF PORK BROTH, WATER, SALT, PORK PROTEIN, NATURAL FLAVORING), BROCCOLI, JASMINE RICE, EGGS, OLIVE OIL**, SWEET CORN, GLUTEN-FREE TERIYAKI SAUCE (WATER, SOY SAUCE (WATER, SOYBEANS, SALT, SUGAR), GLUTEN-FREE TAMARI SAUCE (WATER, ORGANIC SOYBEANS, SALT), SUGAR, WINE, VINEGAR, ONION POWDER, GARLIC POWDER, GINGER POWDER, ALCOHOL, MODIFIED CORN STARCH, XANTHAN GUM, SALT, YEAST EXTRACT, CITRIC ACID, SPICES, NATURAL FLAVORS), EDAMAME, SRIRACHA SAUCE (CHILI OR JALAPENO PEPPERS, WATER, SUGAR, SALT, ORGANIC DISTILLED VINEGAR, GARLIC, ACETIC ACID, POTASSIUM SORBATE, SODIUM BISULFITE, XANTHAN GUM), UMAMI STOCK CONCENTRATE (VEGETABLE JUICE CONCENTRATES (ONION, CARROT, CELERY, TOMATO), TAPIOCA SYRUP, SALT, YEAST EXTRACT, XANTHAN GUM, CITRIC ACID, NATURAL FLAVOR), SUGAR**, SALT**.

CONTAINS: EGGS, SOY

**Information derived from the USDA's FoodData Central is used in the nutrition analysis, ingredient list, and allergen declaration of pantry items. Pantry items are found in the "What You'll Need" section of the recipe card.

Perishable Keep Refrigerated. It is recommended to consume recipes with shellfish and fish first. Produced in a facility that processes milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, sesame, and soy beans.

Net Wt. 56.7oz (1608.2g)