



Thai-Inspired Ginger Pork Chops

with Coconut Rice and Peanuts

Family Friendly

Protein Plus

Spicy

25 Minutes

Customized Protein

+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

Swap



Chicken Breasts
2 | 4

Swap



Tofu
1 | 2



Pork Chops, boneless
340 g | 680 g



Basmati Rice
¾ cup | 1 ½ cups



Coconut Milk
1 | 2



Sweet Pepper
1 | 2



Shanghai Bok Choy
1 | 2



Lime
1 | 1



Ginger-Garlic Puree
2 tbsp | 4 tbsp



Peanuts, chopped
28 g | 56 g



Sweet Chili Sauce
4 tbsp | 8 tbsp



Soy Sauce
1 tbsp | 2 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.
Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Salt, oil, pepper, sugar

Cooking utensils | Aluminum foil, baking sheet, large non-stick pan, large pot, measuring cups, measuring spoons, medium bowl, paper towels, strainer, zester

1



Make coconut rice

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- To a large pot, add **coconut milk** and **½ cup** (¾ cup) **warm water**. Bring to a simmer over high.
- Using a strainer, rinse **rice** until water runs clear.
- To simmering **coconut milk mixture**, add **rice**, **½ tsp** (1 tsp) **sugar** and **¼ tsp** (½ tsp) **salt**. Stir well, cover and reduce heat to medium-low. Cook for 12-14 min, until **rice** is tender and liquid is absorbed.
- Remove from heat. Set aside, still covered.

4



Cook veggies

- While **pork** is resting, reheat the same pan over medium-high.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **peppers**. Season with **salt** and **pepper**. Cook for 2-3 min, stirring often, until **peppers** are tender-crisp.
- Add **bok choy**. Cook for 3-4 min, stirring often, until **veggies** are tender.
- Remove from heat, then transfer **veggies** to a plate. Cover to keep warm.

2



Cook pork

🔄 Swap | **Chicken Breasts**

🔄 Swap | **Tofu**

- Meanwhile, pat **pork** dry with paper towels. Season with **salt** and **pepper**.
- Heat a large non-stick pan over medium-high.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **pork**. Pan-fry for 2-3 min per side, until golden.
- Transfer **pork** to an unlined baking sheet. Roast in the **middle** of the oven for 7-10 min, until cooked through.**
- When **pork** is done, transfer to a clean cutting board. Cover loosely with foil, then set aside for 3-5 min to rest.

5



Make sauce

- Meanwhile, in a medium bowl, combine **sweet chili sauce**, **soy sauce**, **ginger-garlic puree** and **⅓ cup** (⅔ cup) **water**.
- When **veggies** are done, reheat the same pan over medium.
- Add **sweet chili mixture** and bring to a simmer. Cook for 1-2 min, stirring often, until **sauce** thickens slightly.

3



Prep

- Meanwhile, core, then cut **pepper** into ¼-inch strips.
- Cut **bok choy** into 1-inch pieces. Using a strainer, rinse **bok choy leaves** to wash away any dirt.
- Zest **half the lime** (whole lime for 4 servings), then cut into wedges.

6



Finish and serve

- Fluff **rice** with a fork, then stir in **lime zest**.
- Thinly slice **pork**. Stir **any pork resting juices** into **sauce**.
- Divide **rice** between bowls.
- Top with **veggies** and **pork**, then spoon **sauce** over **pork**.
- Sprinkle **peanuts** over top.
- Squeeze a **lime wedge** over top, if you like.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Cook chicken

🔄 Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, sear in the same way the recipe instructs you to sear **pork chops**, then increase the roast time to 12-14 min.**

2 | Cook tofu

🔄 Swap | **Tofu**

If you've opted to get **tofu**, pat dry with paper towels. Cut **tofu** in half parallel to the cutting board. (**NOTE:** You will have two square tofu steaks per block.) Using a fork, poke **tofu** all over. Season and sear **tofu** the same way the recipe instructs you to season and sear **pork chops**. Decrease roasting time to 6-8 min, until golden.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook pork and poultry to minimum internal temperatures of 160°F and 165°F, respectively.