



Almond-Topped Pork Chops

with Sugar Snap Peas and Wild Rice

Special

40 Minutes



Pork Chops,
bone-in
2 | 4



Wild Rice Medley
½ cup | 1 cup



Garlic, cloves
2 | 4



Sugar Snap Peas
227 g | 454 g



Almonds, sliced
28 g | 56 g



Panko
Breadcrumbs
¼ cup | ½ cup



Sage
7 g | 7 g



All-Purpose Flour
2 tbsp | 4 tbsp



Egg
1 | 2



Red Onion
1 | 2



Vegetable Broth
Concentrate
1 | 2

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.

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Ingredient quantities 56 g | 113 g
2 person | 4 person

1



Start rice

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

- Peel, then mince or grate **garlic**.
- Stir together **garlic, wild rice medley, broth concentrate, 1 cup** (2 cups) **water** and **¼ tsp** (½ tsp) **salt** in a medium pot.
- Bring to a boil over high heat. Once boiling, reduce heat to medium-low.
- Cover and cook, until **rice** is tender and liquid is absorbed, 18-20 min. Remove the pot from heat. Set aside, still covered.

2



Prep

- Thinly slice **sage leaves**.
- Peel, then thinly slice **red onion**.
- Roughly chop **almonds**.
- Stir together **almonds, sage** and **panko** in a shallow dish. Set aside.

3



Coat pork

- Whisk together **egg** and **2 tbsp** (4 tbsp) **water** in another shallow dish.
- Pat **pork** dry with paper towels. Season with **salt** and **pepper**. Sprinkle **flour** over **both sides of pork**.
- Working with **one pork chop** at a time, dip into **egg mixture**, then press firmly into the **panko mixture** to adhere **coating** to both sides.

4



Sear pork chops

- Heat a large non-stick pan over medium-high heat.
- When hot, add **2 tbsp oil**, then **pork chops**. (**NOTE:** Don't overcrowd the pan. Cook in batches for 4 ppl, using 2 tbsp oil per batch).
- Pan-fry on one side until golden-brown, 2-3 min. Flip **each piece** and add another **1 tbsp oil**.
- Pan-fry until golden-brown, 2-3 min.
- Transfer **pork chops** to a foil-lined baking sheet.
- Bake in the **middle** of the oven until **pork** is cooked through, 12-14 min.**

5



Cook veggies

- Carefully wipe pan clean.
- Heat the same pan (from step 4) over medium-high. When hot, add **1 tbsp** (2 tbsp) **butter**, then **sugar snap peas** and **onions**. Cook, stirring often, until tender-crisp, 3-4 min.

6



Finish and serve

- Fluff **rice** with a fork. Stir in **1 tbsp** (2 tbsp) **butter**, then season with **salt**.
- Divide **rice, pork chops** and **veggies** between plates.

** Cook to a minimum internal temperature of 71°C/160°F, as size may vary.