



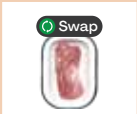
# Cal Smart Sweet Heat Pork

with Steamed Rice and Charred Veggies

Smart Meal

Spicy

35 Minutes



Pork Tenderloin  
340 g | 680 g

Customized Protein **+** Add **↻** Swap or **×2** 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](http://www.hellofresh.ca)



Pork Chops, boneless  
340 g | 680 g



Basmati Rice  
¼ cup | 1 ½ cups



Shanghai Bok Choy  
2 | 4



Sweet Bell Pepper  
1 | 2



Yellow Onion  
1 | 2



Garlic Salt  
1 tsp | 2 tsp



Whole Grain Mustard  
1 tbsp | 2 tbsp



Sweet Chili Sauce  
2 tbsp | 4 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.

1



### Cook rice

- Before starting, wash and dry all produce.

- Add **1 ¼ cups** (2 ½ cups) **water** and **half the garlic salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove from heat. Set aside, still covered.

2



### Prep

- Meanwhile, cut **bok choy** into 1-inch pieces. (**TIP:** Rinse bok choy leaves to wash away any hidden dirt!)
- Core, then cut **pepper** into ¼-inch slices.
- Peel, then cut **onion** into ¼-inch slices.
- Add **sweet chili sauce**, **whole grain mustard**, **half the soy sauce** and ½ cup **water** to a small bowl. Stir to mix.

3



### Cook veggies

- Heat a large non-stick pan over medium-high heat. When hot, ½ **tbsp** (1 **tbsp**) **oil** then **peppers** and **onions**. Season with **salt** and **pepper**. Cook, stirring often until tender and lightly charred, 2-4 min.
- Add **bok choy** and **2 tbsp** (4 **tbsp**) **water**. Cook, stirring often until tender, 1-2 min. Remove from heat and stir in **remaining soy sauce**.
- Transfer to a plate and cover to keep warm.

4



### Cook pork

Swap | **Pork Tenderloin**

- Pat **pork** dry with paper towels.
- Season with **remaining garlic salt** and **pepper**.
- Heat the same pan over medium.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil** then **pork**. Cover and cook until golden-brown, 2-3 min per side.

5



### Warm sauce

- Add **sauce mixture** to pan and flip **pork chops** to coat and until **sauce** is warm and **pork** is cooked through, 1-2 min.\*\*

6



### Finish and serve

- Fluff **rice** with fork. Stir in **veggies**.
- Thinly slice **pork**.
- Divide **rice** between plates.
- Top with **pork**.
- Spoon **sauce** from pan over **pork**.

### 4 | Cook pork

Swap | **Pork Tenderloin**

If you've opted to get **pork tenderloin**, cut crosswise into 1-inch thick slices. Cook in the same way the recipe instructs you to cook **pork chops**.