

HELLO Honey-Pepper Pork Chops with Stir-Fried Veggies and Jasmine Rice

Family Friendly 20 - 30 Minutes









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 🎥

Pork Chops, boneless 680g | 1360g









boneless 340 g | 680 g

Jasmine Rice

34 cup | 1 1/2 cups



Soy Sauce Mirin Blend



1 | 2

4 tbsp | 8 tbsp



Onion, sliced



113 g | 226 g





Sweet Bell



Pepper 1 2

Green Onion

2 | 4



Chicken Broth Concentrate 1 2



Carrot, julienned

113 g | 226 g

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



Cook rice

- Before starting, add 1 cup (2 cups) water and 1/2 tsp (1/4 tsp) salt to a medium pot.
- Cover and bring to a boil over high heat.
- Wash and dry all produce.
- Using a strainer, rinse rice until water runs clear.
- Add rice to the boiling water, then reduce heat to medium-low. Cover and cook until rice is tender and liquid is absorbed, 12-14 min. (NOTE: Reduce heat to low if water is boiling over.)
- Remove from heat. Set aside, still covered.



Prep

O Swap | Tofu

- Meanwhile, thinly slice green onions.
- Core, then cut pepper into ¼-inch slices.
- Combine soy sauce mirin blend, honey, broth concentrate, half the Cream Sauce
 Spice Blend and ¼ cup (⅓ cup) water in a medium bowl.
- Pat pork dry with paper towels. Season with salt and pepper. Place pork on a plate.
 Sprinkle remaining Cream Sauce Spice Blend all over pork.



Cook pork

🔘 Swap | Tofu

😡 Double | Pork Chops, boneless

- Heat a large non-stick pan over medium-high heat.
- When hot, add 1 tbsp (2 tbsp) oil, then pork.
 Pan-fry until golden-brown, 4-6 min per side.** (TIP: If pork is browning too quickly, reduce heat to medium.)
- Remove from heat, then transfer **pork** to a cutting board. Cover loosely with foil to rest, 3-5 min.

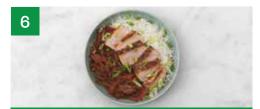


Stir-fry veggies

- Reheat the same pan over medium-high heat (NOTE: Use high heat for 4 ppl).
- When hot, add 1 tbsp (2 tbsp) oil, then peppers, carrots and sliced onions. Season with salt and pepper. Cook, stirring often, until tender, 4-5 min.

Cook sauce

Add soy sauce mixture to the same pan.
 Bring to a simmer over medium heat. Cook, stirring often, until sauce thickens slightly, 2-3 min.



Finish and serve

- Fluff rice with a fork, then stir in half the green onions.
- Thinly slice pork. Add any pork resting juices to pan with sauce.
- Divide rice between bowls.
- Top with **veggies**, **pork** and **sauce** from the pan.
- Sprinkle **remaining green onions** over top.

Measurements within steps

1 tbsp (2 tbsp)

o) oil

4 person Ingredient

2 Prep

O Swap | Tofu

If you've opted to get **tofu**, pat **tofu** 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 **tofu** in the same way the recipe instructs you to season the **pork chops**.

3 | Cook pork

2 Double | Pork Chops, boneless

If you've opted for **double pork**, prepare and cook in the same way the recipe instructs you to cook the **regular portion of pork**. Work in batches, if necessary.

3 Cook tofu

O Swap | Tofu

Cook and plate **tofu** in the same way the recipe instructs you to cook and plate the **pork chops**.