



Zesty Fig-Glazed Pork Chops

with Buttery Pan Veggies

Family Friendly 30-40 Minutes

Customized Protein





+ Add

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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 Tenderloin 340 g 680 g	Tofu 1 2



	
Pork Chops, boneless 340 g 680 g	Parboiled Rice ¾ cup 1 ½ cups
	
Sugar Snap Peas 113 g 227 g	Carrot 1 2
	
Fig Spread 2 tbsp 4 tbsp	Chicken Stock Powder 1 tbsp 2 tbsp
	
Zesty Garlic Blend 1 tbsp 2 tbsp	Zucchini 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.

1



Cook rice

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

- Add **stock powder**, **1 ¼ cups** (2 ½ cups) **water**, and **1 tbsp** (2 tbsp) **butter** 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, 16-18 min.
- Remove from heat. Set aside, still covered.

4



Cook veggies

- While **pork** broils, reheat the same pan (with residual fat) over medium.
- Add **carrots**, **zucchini**, **remaining Zesty Garlic Blend** and ½ cup (½ cup) **water**. Season with **salt** and **pepper**. Cook, stirring often, until liquid has absorbed and **veggies** begin to soften, 2-4 min.
- Add **snap peas** and **1 tbsp** (2 tbsp) **butter**. Season with **salt** and **pepper**. Cook, stirring often, until **butter** is melted and **veggies** are tender-crisp, 1-2 min.

2



Prep

- Peel, then quarter **carrot** lengthwise. Cut into ¼-inch quarter-moons.
- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Trim **sugar snap peas**.

5



Finish and serve

- Fluff **rice** with a fork.
- Divide **rice**, **pork** and **veggies** between plates.
- Pour any **pork juices** from baking dish over **rice**, if desired.

3



Cook pork chops

Swap | [Pork Tenderloin](#)

Swap | [Tofu](#)

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **pork chops** dry with paper towels. Season with **half the Zesty Garlic Blend**, **salt** and **pepper**.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **pork**. Pan-fry until golden, 1-2 min per side, then transfer **pork** to a foil-lined baking sheet. Reserve fat in pan.
- Spread **fig spread** over **pork chops**.
- Broil in the **middle** of the oven until lightly charred and cooked through, 8-12 min.**

Measurements
within steps

1 **tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

3 | Cook pork tenderloin

Swap | [Pork Tenderloin](#)

If you've opted to get **pork tenderloin**, cook it in the same way the recipe instructs you to cook the **pork chops**. Increase sear time to 6-8 min, then increase the broil time to 14-18-min.

3 | Cook tofu

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**. When the pan is hot, add 1 **tbsp** (2 **tbsp**) **oil**, then **tofu**. Pan-fry until golden, 1-2 min per side. Transfer **tofu** to a foil-lined baking sheet. Spread **fig spread** over **tofu**. Broil in the **middle** of the oven until golden and tender, 6-8 min.

5 | Finish and serve

Swap | [Pork Tenderloin](#)

Thinly slice **pork** before dividing between plates.

5 | Finish and serve

Swap | [Tofu](#)

Thinly slice **tofu** before dividing between plates.