



Honey-Pepper Pork Chops









with Stir-Fried Veggies and Jasmine Rice

Family Friendly 20 - 30 Minutes

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)



×2 Double 	↻ Swap 
Pork Chops, boneless 680g 1360g	Tofu 1 2
	
Pork Chops, boneless 340g 680g	Jasmine Rice ¾ cup 1 ½ cups
	
Soy Sauce Mirin Blend 4 tbsp 8 tbsp	Honey 1 2
	
Onion, sliced 113g 226g	Cream Sauce Spice Blend 1 tbsp 2 tbsp
	
Sweet Bell Pepper 1 2	Green Onion 2 4
	
Chicken Broth Concentrate 1 2	Carrot, julienned 113g 226g

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 | Oil, salt, pepper

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

1



Cook rice

- Before starting, add 1 cup (2 cups) water and ½ tsp (¼ 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.

4



Stir-fry veggies

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

2



Prep

- 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**.

5



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.

3



Cook pork

- Heat a large non-stick pan over medium-high heat.
- When hot, add 1 **tblsp** (2 **tblsp**) **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.

6



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 **tblsp** (2 **tblsp**) **oil**
2 person 4 person Ingredient

2 | Prep

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

Swap | Tofu

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