



Honey-Garlic Pork Chops




with Green Onion Rice and Veggies

Family Friendly 25-35 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](https://www.hellofresh.ca)



	
Pork Tenderloins 340 g 680 g	Tofu 1 2
	
Pork Chops, boneless 340 g 680 g	Basmati Rice ¾ cup 1 ½ cups
	
Shanghai Bok Choy 2 4	Green Onion 2 4
	
Honey-Garlic Sauce 4 tbsp 8 tbsp	Soy Sauce 1 tbsp 2 tbsp
	
Sriracha 2 tsp 4 tsp	Garlic Salt 1 tsp 2 tsp
	
Sweet Bell Pepper 1 2	Chicken 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.

Pantry items | Pepper, unsalted butter, salt, oil

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

1



Cook rice

• Before starting, wash and dry all produce.

- Add **1 ¼ cups** (2 ½ cups) **water**, **broth concentrate** and **½ tsp** (¼ tsp) **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



Cook pork chops

🔄 Swap | **Pork Tenderloins**

🔄 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 garlic salt** and **pepper**.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **pork chops**. Pan-fry until golden-brown and cooked through, 4-6 min per side.**
(**TIP:** Reduce heat to medium if pork chops are browning too quickly.)
- Remove from heat, then transfer **pork chops** to a plate. Cover loosely with foil to rest.

3



Prep and make sauce

- Meanwhile, cut **bok choy** into 1-inch pieces. Using a strainer, rinse **bok choy leaves** to wash away any hidden dirt.
- Core, then cut **pepper** into 1-inch pieces.
- Thinly slice **green onions**.
- Combine **honey-garlic sauce** and **soy sauce** in a small bowl. Set aside.

4



Stir-fry veggies

- When **pork chops** are done, reheat the same pan (from step 2) over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **butter**, **peppers** and **remaining garlic salt**. Season with **pepper**. Cook, stirring often, until **peppers** are tender-crisp, 3-4 min.
- Add **bok choy**. Cook, stirring often, until **bok choy** wilts and **peppers** are tender, 1-2 min.
- Remove from heat, then transfer **veggies** to a plate. Cover to keep warm.

5



Make sauce

- Transfer **sauce mixture** to the same pan, then bring to a simmer over medium-low heat. Cook, stirring often, until **sauce** thickens slightly, 2-3 min. (**TIP:** If you prefer a lighter sauce, add more water, 1-2 tbsp at a time.)
- Remove from heat.

6



Finish and serve

- Thinly slice **pork chops**. Stir any **pork resting juices** into **sauce**.
- Fluff **rice** with a fork, then stir in **half the green onions** and **1 tbsp** (2 tbsp) **butter**.
- Divide **rice** and **veggies** between plates.
- Top with **pork chops** and **sauce**.
- Sprinkle **remaining green onions** over top.
- Drizzle **sriracha** over top, if desired.

Measurements
within steps

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

2 | Cook pork tenderloin

🔄 Swap | **Pork Tenderloins**

If you've opted to get **pork tenderloin**, cut crosswise into 1 ¼-inch slices, then cook the **pork tenderloin** in the same way the recipe instructs you to cook the **pork chops**.

2 | Cook tofu

🔄 Swap | **Tofu**

If you've opted to get **tofu**, while the pan heats, 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-brown, 4-6 min per side. Follow the rest of the recipe as written.

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