



Cal Smart Honey Pork Chops

with Snap Peas and Garlicky Rice

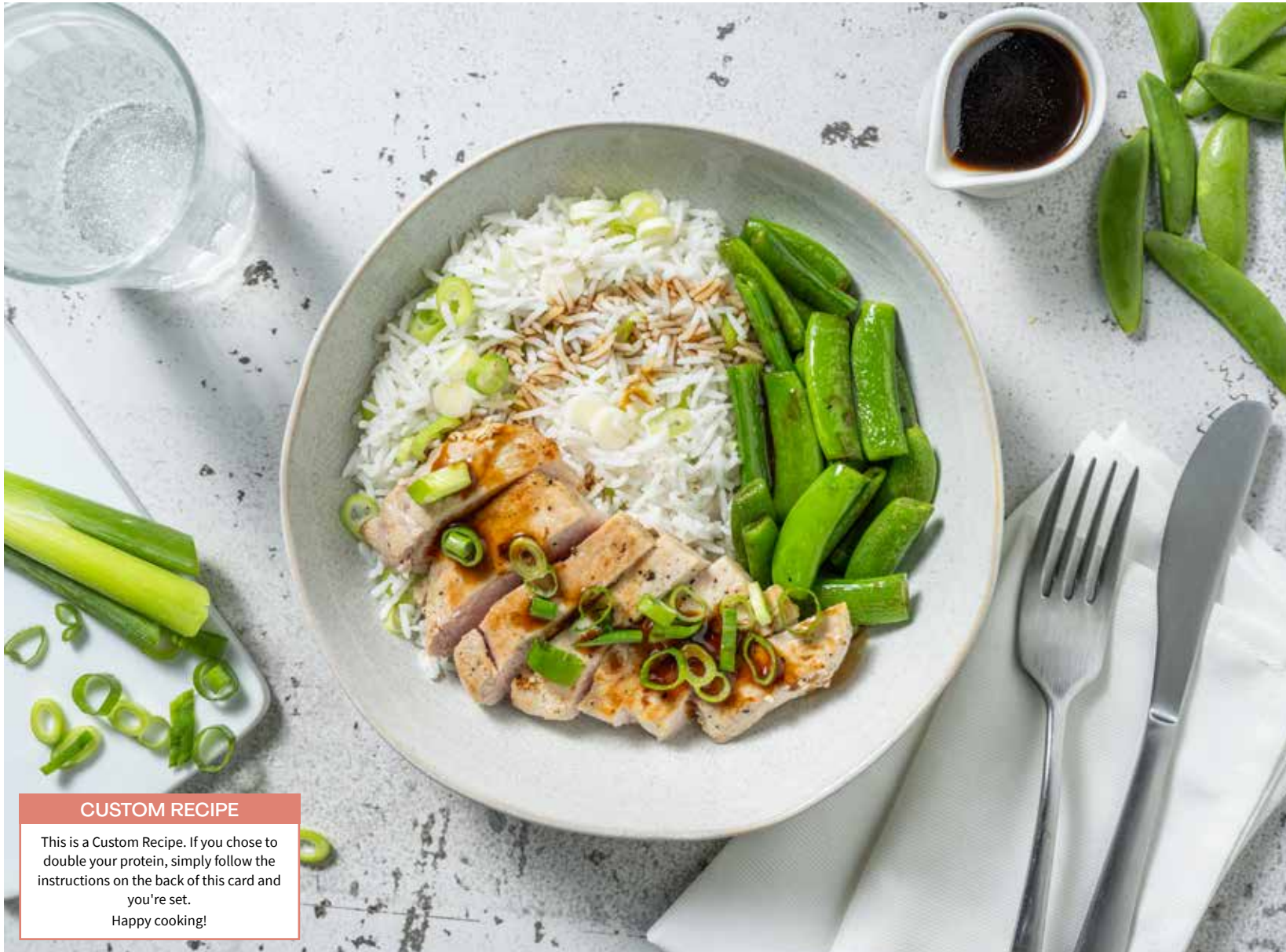
Calorie Smart

Optional Spice

30 Minutes



Issue with your meal?
Scan the QR code to
share your feedback.



CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!



Pork Chops, boneless



Double Pork Chops



Basmati Rice



Sugar Snap Peas



Green Onion



Garlic, cloves



Honey



Soy Sauce



Cornstarch



Sriracha

HELLO HONEY

A naturally sweet ingredient that's a great sugar alternative!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Baking sheet, medium bowl, measuring spoons, medium pot, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Double Pork Chops	680 g	1360 g
Basmati Rice	¾ cup	1 ½ cups
Sugar Snap Peas	113 g	227 g
Green Onion	1	2
Garlic, cloves	1	2
Honey	2 tbsp	4 tbsp
Soy Sauce	2 tbsp	4 tbsp
Cornstarch	1 tbsp	2 tbsp
Sriracha 🌶️	2 tsp	4 tsp
Oil*		
Salt and Pepper*		

* Pantry items

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

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

- Peel, then mince or grate **garlic**.
- Heat a medium pot over medium heat.
- When hot, add **1 tsp** (2 tsp) **oil**, then **rice** and **garlic**. Cook, stirring often, until fragrant, 1-2 min.
- Add **1 ¼ cups** (2 ½ cups) **water** and **¼ tsp** (½ tsp) **salt** and bring to a boil over high.
- Once boiling, 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.

4



Cook snap peas

- Reheat the same pan over medium-high.
- When hot, add **1 tsp** (2 tsp) **oil**, then **snap peas**. Season with **salt** and **pepper**. Cook, stirring often, until tender-crisp, 3-4 min.
- Remove from heat. Transfer **snap peas** to a plate, then cover to keep warm.

2



Prep

- Meanwhile, trim **snap peas**.
- Thinly slice **green onion**.

5



Make sauce

- Whisk together **honey**, **soy sauce**, **cornstarch** and **¾ cup** (1 ½ cups) **water** in a medium bowl.
- When **snap peas** are done, add **honey mixture** to the same pan. Bring to a boil over medium-high.
- Once boiling, cook, stirring often, until **sauce** thickens slightly, 2-3 min.

3



Cook pork

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **pork** dry with paper towels. Season with **salt** and **pepper**.
- When the pan is hot, add **1 tsp** (2 tsp) **oil**, then **pork**. Pan-fry until golden, 2-3 min per side.
- Transfer **pork** to an unlined baking sheet.
- Roast in the **middle** of the oven until cooked through, 8-10 min.**

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

6



Finish and serve

- When **pork** is done, transfer to a cutting board and let rest for 3-5 min. Thinly slice.
- Fluff **rice** with a fork, then stir in **half the green onions**.
- Divide **rice** between plates. Top with **snap peas**, **pork** and **sauce**.
- Sprinkle with **remaining green onions**.
- Drizzle **sriracha** over top, if desired.



Issue with your meal?
Scan the QR code to
share your feedback.

Dinner Solved!