



Cal Smart Honey Pork Chops

with Snap Peas and Garlicky Rice

Calorie Smart

Optional Spice

30 Minutes



Pork Chops, boneless
680 g | 1360 g

Custom Recipe

+ 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 Chops, boneless
340 g | 680 g



Basmati Rice
3/4 cup | 1 1/2 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

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

1



Cook rice

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

- 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.

2



Prep

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

3



Cook pork

×2 Double | Pork Chops, boneless

- 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. **

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.

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.

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.

Measurements
within steps

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

3 | Cook pork

×2 Double | Pork Chops, boneless

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

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



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