



# Lemon-Pepper Pork Chops

with Glazed Veggies and Savoury Pan Sauce

35 Minutes



Pork Chops,  
boneless



Basmati Rice



Green Beans



Carrot



Lemon



Parsley



Cream Sauce Spice  
Blend



Lemon-Pepper  
Seasoning



Garlic Salt



Chicken Broth  
Concentrate



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HELLO LEMON-PEPPER SEASONING

*A peppery spice blend with zippy lemon and zesty garlic!*

## Start here

Before starting, wash and dry all produce.

### Bust out

Medium bowl, vegetable peeler, medium non-stick pan, measuring spoons, medium pot, measuring cups, whisk, paper towels

### Ingredients

|                           | 2 Person | 4 Person |
|---------------------------|----------|----------|
| Pork Chops, boneless      | 340 g    | 680 g    |
| Basmati Rice              | ¾ cup    | 1 ½ cups |
| Green Beans               | 170 g    | 340 g    |
| Carrot                    | 170 g    | 340 g    |
| Lemon                     | 1        | 1        |
| Parsley                   | 7 g      | 14 g     |
| Cream Sauce Spice Blend   | 1 tbsp   | 2 tbsp   |
| Lemon-Pepper Seasoning    | 1 tbsp   | 2 tbsp   |
| Garlic Salt               | 1 tsp    | 2 tsp    |
| Chicken Broth Concentrate | 2        | 4        |
| Unsalted Butter*          | 3 tbsp   | 6 tbsp   |
| Sugar*                    | ½ tbsp   | 1 tbsp   |
| 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.*

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### Cook rice

- Add **half the garlic salt**, **1 tbsp butter** and **1 ¼ cups water** (dbl both for 4 ppl) 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, 14-16 min.
- Remove the pot from heat. Set aside, still covered.



### Prep sauce and start pork

- Meanwhile, whisk together **Cream Sauce Spice Blend**, **broth concentrates** and **½ cup water** (dbl for 4 ppl).
- Pat **pork** dry with paper towels.
- Season **pork** all over with **Lemon-Pepper Seasoning**.
- Reheat the same pan over medium.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then **pork**. Pan-fry until golden-brown, 3-4 min per side. (**NOTE:** It's okay if pork doesn't cook all the way through in this step.)



### Prep

- Meanwhile, zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Peel, then slice **carrot** into ¼ -inch rounds.
- Trim **green beans**.
- Roughly chop **parsley**.



### Cook sauce and finish pork

- Add **sauce mixture** to the pan with **pork**, then flip to coat.
- Reduce heat to medium-low. Cook, flipping halfway, until **sauce** has thickened slightly and **pork** is cooked through, 2-3 min.\*\*



### Cook veggies

- Heat a medium non-stick pan (use large pan for 4 ppl) over medium-high heat.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted, 30 sec.
- Add **carrots**, **green beans**, **remaining garlic salt**, **¼ cup water** and **½ tbsp sugar** (dbl for 4 ppl).
- Bring to a simmer, then reduce heat to medium. Cover and cook, stirring occasionally, until most of the **liquid** has been absorbed and **veggies** are tender and lightly-glazed, 6-8 min.
- Remove the pan from heat. Add **1 tsp lemon juice** (dbl for 4 ppl), then stir to coat.
- Transfer **veggies** to a plate, then cover to keep warm.
- Carefully wipe the pan clean.



### Finish and serve

- Fluff **rice** with a fork, then stir in **lemon zest** and **half the parsley**.
- Slice **pork**.
- Divide **rice**, **pork** and **veggies** between plates.
- Sprinkle with **remaining parsley**.
- Squeeze a **lemon wedge** over top, if desired.

## Dinner Solved!