

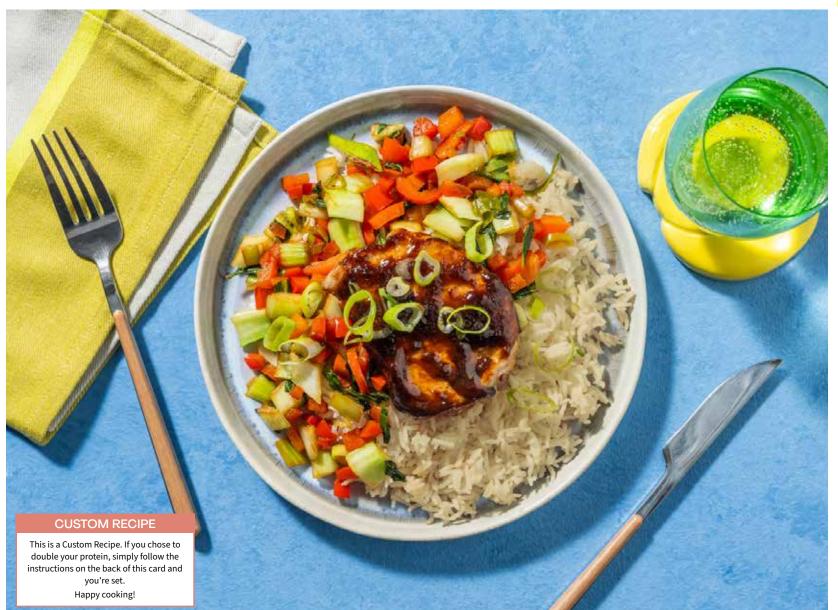
Soy, Maple and Ginger-Glazed Pork Chops

with Stir-Fried Veggies

30 Minutes



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Pork Chops, boneless





Maple Syrup





Basmati Rice



Sweet Bell Pepper



Ginger-Garlic Puree



Green Onion



Cornstarch



Chicken Broth Concentrate



Shanghai Bok Choy



Zesty Garlic Blend

Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

Measurements 1 tbsp (2 tbsp) oil within steps Ingredient

Bust out

Baking sheet, measuring spoons, aluminum foil, medium pot, 2 small bowls, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Double Pork Chops, boneless	680 g	1360 g
Maple Syrup	2 tbsp	4 tbsp
Soy Sauce	2 tbsp	4 tbsp
Basmati Rice	¾ cup	1 ½ cups
Sweet Bell Pepper	1	2
Ginger-Garlic Puree	2 tbsp	4 tbsp
Green Onion	2	4
Cornstarch	1 tsp	2 tsp
Chicken Broth Concentrate	1	2
Shanghai Bok Choy	2	4
Zesty Garlic Blend	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		

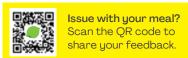
Salt and Pepper*

** 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.





Cook rice

- Stir together rice, broth concentrate, half the ginger-garlic puree,
- 1 1/4 cups (2 1/2 cups) water and 1/4 tsp (1/2 tsp) salt in a medium pot.
- Cover and bring to a boil over high heat.
- 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.



Prep veggies

- Meanwhile, thinly slice green onions.
- Cut bok choy into 1-inch pieces.
- Core, then cut **pepper** into ½-inch pieces.



Prep glaze and start pork

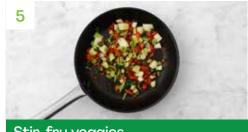
- · Stir together maple syrup,
- 4 tsp (8 tsp) soy sauce, 1 tsp (2 tsp) cornstarch and 3 tbsp (6 tbsp) water in a small bowl until combined. (NOTE: This is your glaze mixture.)
- Heat a large non-stick pan over medium-high heat. While the pan heats, pat **pork** dry with paper towels.
- Season with salt and Zesty Garlic Blend.
- When the pan is hot, add ½ tbsp (1 tbsp) oil, then **pork**. Pan-fry until golden-brown,
- 1-2 min per side. (NOTE: Pork will finish cooking in step 3.)
- · Remove from heat.
- Transfer **pork** to a foil-lined baking sheet.

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



Cook glaze and finish pork

- · Return the same pan to medium.
- When hot, add 1 tbsp (2 tbsp) butter, then swirl the pan until melted.
- Add remaining ginger-garlic puree. Cook, stirring often, until fragrant, 30 sec.
- Add glaze mixture. Cook, stirring often, until glaze comes to a simmer and thickens slightly, 2-3 min.
- Transfer to a clean small bowl.
- Drizzle 1 tbsp glaze over each pork chop.
- Broil pork in the middle of the oven until cooked through, 8-10 min.**
- Carefully wipe the pan clean.



Stir-fry veggies

- Reheat the same pan (from step 3) over medium-high.
- When hot, add ½ tbsp (1 tbsp) oil, then **peppers** and **bok choy**. Cook, stirring occasionally, until veggies are tender-crisp, 3-4 min.
- Add half the green onions, then drizzle remaining soy sauce over veggies. Season with salt and pepper, to taste.
- · Cook, stirring often, until fragrant, 30 sec-1 min.



Finish and serve

- Fluff rice with a fork.
- Divide rice between plates. Top with veggies, then pork.
- Drizzle **any juices** from the baking sheet over pork.
- Drizzle remaining glaze over pork.
- Sprinkle with remaining green onions.

Dinner Solved!

^{*} Pantry items