

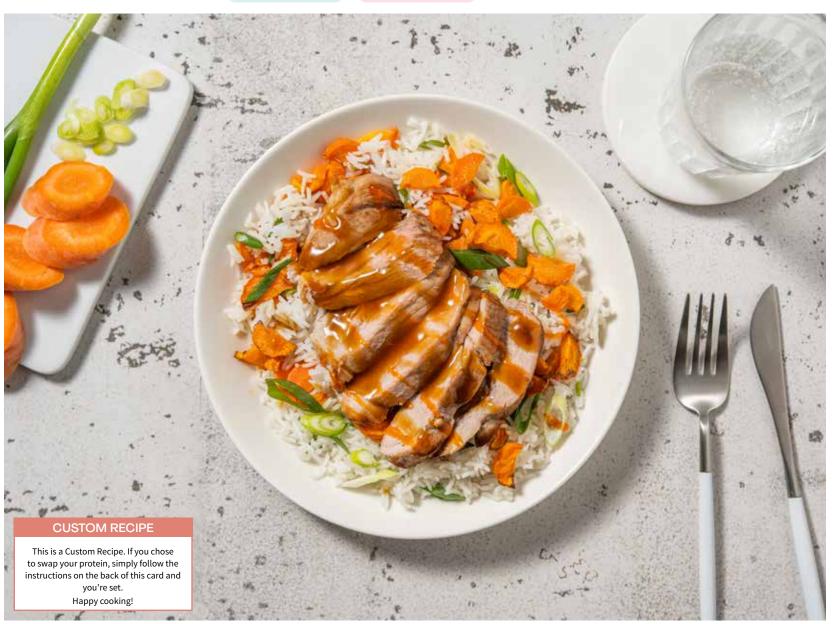
Cal Smart Honey Pork Chops

with Roasted Carrots and Garlicky Rice

Calorie Smart

Optional Spice

30 Minutes





Pork Chops, boneless





Basmati Rice







Carrot

Garlic, cloves

Soy Sauce

Green Onion



Honey



Cornstarch



Sriracha

Start here

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

Bust out

2 Baking sheets, medium bowl, vegetable peeler, measuring spoons, medium pot, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

9		
	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Chicken Breasts •	2	4
Basmati Rice	¾ cup	1 ½ cups
Carrot	170 g	340 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 pork to a minimum internal temperature of 71°C/160°F and poultry to a minimum internal temperature of 74°C/165°F, as size may vary.
- Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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

- Peel, then mince or grate garlic.
- Heat a medium pot over medium heat.
- When hot, add **1 tsp oil** (dbl for 4 ppl), then **rice** and **garlic**. Cook, stirring often, until fragrant, 1-2 min.
- Add 1 ¼ cups water and ¼ tsp salt (dbl both for 4 ppl) 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.



Cook pork

- Meanwhile, 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 oil (dbl for 4 ppl), then pork. Pan-fry until golden,
 2-3 min per side.
- Transfer \boldsymbol{pork} to another unlined baking sheet.
- Roast in the **middle** of the oven until cooked through, 8-10 min.**

If you've opted to get **chicken breasts**, prepare and sear them in the same way the recipe instructs you to prepare and sear the **pork chops**, then increase the roast time to 10-12 min.**



Prep

- Meanwhile, peel, then halve carrot lengthwise.
 Cut into ¼-inch half-moons.
- Thinly slice green onion.



Roast carrots

- Add carrots and 1 tsp oil (dbl for 4 ppl) to an unlined baking sheet. Season with salt and pepper, then toss to combine.
- Roast in the **top** of the oven, stirring halfway through, until golden-brown, 18-20 min.



Make sauce

- Whisk together honey, soy sauce, cornstarch and 3/3 cup water (dbl for 4 ppl) in a medium bowl.
- While **pork** roasts, 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.



Finish and serve

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

Thinly slice **chicken**, then top **rice** with it when you serve.

Dinner Solved!