



Cal Smart Honey Pork Chops

with Roasted Carrots and Garlicky Rice

Calorie Smart

Optional Spice

30 Minutes



Pork Chops, boneless



Chicken Breasts



Basmati Rice



Carrot



Green Onion



Garlic, cloves



Honey



Soy Sauce



Cornstarch



Sriracha

CUSTOM RECIPE

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

Happy cooking!

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

	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.

Contact

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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 **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**.



Make sauce

- Whisk together **honey**, **soy sauce**, **cornstarch** and **¾ 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.



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.



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!