



Cal Smart Honey Pork Chops with Broccoli and Garlicky Rice

Calorie Smart 30 Minutes



Pork Chops,
boneless



Basmati Rice



Broccoli, florets



Green Onions



Garlic Puree



Honey



Soy Sauce



Garlic Salt



Cornstarch

HELLO HONEY

A naturally sweet ingredient that's a great sugar alternative!

Start here

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

Bust out

Baking sheet, medium bowl, 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
Basmati Rice	¾ cup	1 ½ cups
Broccoli, florets	227 g	454 g
Green Onions	2	4
Garlic Puree	1 tbsp	2 tbsp
Honey	2 tbsp	4 tbsp
Soy Sauce	2 tbsp	4 tbsp
Garlic Salt	1 tsp	2 tsp
Cornstarch	1 tbsp	2 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

Heat a medium pot over medium heat. When hot, add **1 tsp oil** (dbl for 4 ppl), then **rice**, **half the garlic puree** and **half the garlic salt**. Cook, stirring often, until fragrant, 1-2 min. Add **1 ¼ cups water** (dbl for 4 ppl) 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 the pot from heat. Set aside, still covered.



Cook broccoli

While **pork** roasts, heat the same pan over medium. When hot, add **broccoli**, **remaining garlic puree** and **2 tbsp water** (dbl for 4 ppl). Season with **salt** and **pepper**, then stir to combine. Cover and cook, stirring occasionally, until tender, 5-6 min. Transfer **broccoli** to a plate and cover to keep warm.



Prep

While **rice** cooks, cut **broccoli** into bite-sized pieces. Thinly slice **green onions**.



Make sauce

Whisk together **honey**, **soy sauce**, **cornstarch** and **¾ cup water** (dbl for 4 ppl) in a medium bowl. 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.



Cook pork

Pat **pork** dry with paper towels. Season with **remaining garlic salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **1 tsp oil** (dbl for 4 ppl), then **pork**. Pan-fry until golden, 2-3 min per side, then transfer to an unlined baking sheet. Roast in the **middle** of the oven until cooked through, 8-10 min.**



Finish and serve

Rest **pork** for 3-5 min, then thinly slice. Fluff **rice** with a fork, then stir in **half the green onions**. Divide **rice** between plates. Top with **broccoli**, **pork** and **sauce** from the pan. Sprinkle **remaining green onions** over top.

Dinner Solved!