



Curry and Coconut Pork

Lime Rice and Mango Salsa

PRONTO

30 Minutes



Pork Chops, boneless



Coconut Milk



Curry Powder



Basmati Rice



Lime



Mango



Cilantro



Garlic



Roma Tomato



Green Onions

HELLO MANGO

A juicy sweet stone fruit!

START HERE

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

Bust Out

Baking Sheet, Large Bowl, Medium Pot, Paper Towels, Small Pot, Aluminum Foil, Small Bowl, Microplane/Zester, Measuring Cups & Spoons, Silicone Brush

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Coconut Milk	165 ml	330 ml
Curry Powder	2 tsp	4 tsp
Basmati Rice	¾ cup	1 ½ cup
Lime	1	2
Mango	170 g	340 g
Cilantro	7 g	14 g
Garlic	6 g	12 g
Roma Tomato	80 g	160 g
Green Onions	2	4
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 our meal kit labels for the most current allergen 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

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



1. COOK MARINADE

Peel, then grate **garlic**. Heat a small pot over medium heat. Add the **coconut milk, curry powder, and garlic**. Cook, stirring often, until fragrant, 3-4 min. Set aside.



2. COOK RICE

Meanwhile, in a medium pot, add **1 ¼ cups water** (dbl for 4ppl). Cover and bring to a boil over high heat. Meanwhile, thinly slice **green onions**. Pick **cilantro leaves** from the stems. Finely chop the **cilantro stems**. Add **rice and cilantro stems** to the medium pot with the **boiling water**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** has been absorbed, 12-14 min.



3. FINISH PREP

Cut the **tomato** into ½-inch pieces. Zest, then juice **half the lime**. Cut the **remaining lime** into wedges. Cut **mango** into ½-inch pieces. Pat the **pork** dry with paper towels. Add the **pork** to a large bowl. Pour over **half the warmed marinade**. Toss to coat.



4. COOK PORK

Line a baking sheet with foil and brush with **1 tbsp oil** (dbl for 4 ppl). Transfer the **pork** to the foil-lined baking sheet. Broil in **middle** of oven, until **pork** is cooked through, 10-12 min, flipping half way through cooking.**



5. TOSS SALSA

Combine the **mango, tomato, cilantro leaves, lime juice, 1 tbsp oil, ½ tsp sugar** (dbl both for 4ppl) and **half the green onions** in a small bowl. Season with **salt and pepper**. Toss to combine. Set aside.



6. FINISH AND SERVE

Fluff the **rice** with a fork. Stir in the **lime zest** and **remaining green onions**. Season with **salt**. Slice the **pork**. Divide **rice** between plates and top with the **pork**. Spoon over any **remaining coconut curry sauce**. Top with the **salsa**. Squeeze over a **lime wedge** if desired.

Dinner Solved!