



Honey-Hoisin Glazed Pork Chops

with Sesame-Soy Veggies and Garlic Rice

Spicy

30 Minutes



Pork Chops,
boneless



Hoisin Sauce



Honey



Basmati Rice



Zucchini



Garlic, cloves



Sesame Oil



Soy Sauce



Chili Garlic Sauce



Carrot

HELLO HOISIN SAUCE

A sweet and savoury sauce that adds an extra boost of flavour!

Start here

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

Bust out

Baking sheet, vegetable peeler, measuring spoons, medium pot, parchment paper, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Hoisin Sauce	¼ cup	½ cup
Honey	1 tbsp	2 tbsp
Basmati Rice	¾ cup	1 ½ cups
Zucchini	400 g	800 g
Garlic, cloves	2	4
Sesame Oil	1 tbsp	2 tbsp
Soy Sauce	1 tbsp	2 tbsp
Chili Garlic Sauce 🌶️	1 tbsp	2 tbsp
Carrot	170 g	340 g
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

Peel, then mince or grate **garlic**. Heat a medium pot over medium-high heat. When hot, add **half the sesame oil**, then **rice** and **one-third of the garlic**. Cook, stirring often, until fragrant, 30 sec. Add **1 ¼ cups water** and **½ tsp salt** (dbl both 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.



Finish pork

Add **honey-hoisin glaze** to the same pan. Heat the pan over medium. Cook, stirring often, until **sauce** thickens slightly, 1 min. Remove the pan from heat. Spoon **half the glaze** over **pork**. Roast in the **middle** of the oven until cooked through, 9-11 min. ** Transfer **remaining glaze** back to the small bowl. Carefully wipe the pan clean. When **pork** is done, transfer to a clean cutting board to rest, 3-5 min.



Prep

While **rice** cooks, peel, then halve **carrot** lengthwise, then cut into ¼-inch half-moons. Halve **zucchini** lengthwise, then cut into ¼-inch-thick half-moons. Stir together **honey**, **chili garlic sauce**, **hoisin sauce**, **half the soy sauce** and **half the remaining garlic** in a small bowl. (NOTE: This is your honey-hoisin glaze.)



Cook veggies

Heat the same pan over medium-high. Add **carrots**, then **3 tbsp water** (dbl for 4 ppl). Cook, stirring occasionally, until **water** is absorbed, 3-4 min. Add **zucchini**, **remaining sesame oil**, then **remaining garlic**. Cook, stirring occasionally, until **zucchini** softens slightly, 2-3 min. Add **remaining soy sauce**. Cook, stirring occasionally, until **veggies** are tender-crisp, 2-3 min. Season with **salt** and **pepper**, to taste.



Sear pork

Heat a large non-stick pan over medium-high heat. While the pan heats, pat **pork** dry with paper towels. Season with **salt**. When the pan is hot, add **½ tbsp oil** (dbl for 4 ppl), then **pork**. Pan-fry until golden, 1-2 min per side. Remove the pan from heat. Transfer **pork** to a parchment-lined baking sheet. Carefully wipe the pan clean.



Finish and serve

Fluff **rice** with a fork. Thinly slice **pork**. Divide **rice**, **veggies** and **pork** between plates. Drizzle **reserved honey-hoisin glaze** over **pork**.

Dinner Solved!