



# JERK PORK CHOPS

with Thyme-Scented Rice and Beans and Sautéed Veggies

PRONTO



## HELLO

### JERK SAUCE

This classic Jamaican seasoning is spiked with allspice, nutmeg and cinnamon

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 993



Pork Chops



Jerk Sauce



Red Onion, sliced



Garlic



Red Bell Pepper



Roma Tomato



Chili Flakes



Basmati Rice



Coconut Milk



Thyme



Black Beans



## BUST OUT

- Medium Bowl
- Measuring Cups
- Medium Pot
- Large Non-Stick Pan
- Garlic Press
- Sugar (2 tsp | 4 tsp)
- Strainer
- Salt and Pepper
- Measuring Spoons
- Olive or Canola oil

## INGREDIENTS

2-person | 4-person

- Pork Chops 340 g | 680 g
- Jerk Sauce ¼ cup | ½ cup
- Red Onion, sliced 113 g | 227 g
- Garlic 10 g | 20 g
- Red Bell Pepper 190 g | 380 g
- Roma Tomato 160 g | 320 g
- Chili Flakes 🌶️ 1 tsp | 1 tsp
- Basmati Rice ¾ cup | 1 ½ cup
- Coconut Milk 1 can | 2 can
- Thyme 10 g | 10 g
- Black Beans 1 box | 2 box

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 160°F.



## START STRONG



If you've got some extra time on your hands, let the pork marinate in the jerk sauce for 30 min so that it's extra delicious.



**1 MARINATE PORK**  
Wash and dry all produce.\* In a medium bowl, combine the **jerk sauce** and **2 tsp sugar** (double for 4 ppl). Add the **pork** and stir to coat. Set aside.



**2 PREP**  
In a medium pot, bring the **coconut milk** and **¾ cup salted water** (double for 4 ppl) to a boil. Mince or grate the **garlic**. Core and thinly slice the **bell pepper(s)**. Cut the **tomatoes** into ½-inch cubes. Drain and rinse the **beans**. Using **half the thyme sprigs**, strip **1 tbsp thyme leaves** (double for 4 ppl).



**3 COOK RICE**  
Add the **rice** and **remaining thyme sprigs** (no need to chop or strip the stems!) to the boiling **coconut milk** and **water**. Reduce the heat to medium-low. Cover and cook until the rice is tender and all the liquid has been absorbed, 12-14 min.



**4 COOK PORK**  
Meanwhile, heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **pork**. (**TIP:** If your pan is too small, cook the pork in batches.) Sear the pork until browned and cooked through, 3-4 min per side. (**TIP:** Cook to a minimum internal temp. of 160°F.\*\*) Transfer the pork to a plate and set aside.



**5 COOK VEGGIES**  
Reduce the heat to medium. Add the **onions** to the same pan. Cook until softened, 3-4 min. Add the **garlic**, **bell peppers**, **tomatoes**, **thyme leaves** and as much **chili flakes** as you like. Cook, stirring often, until the peppers are tender-crisp, 4-5 min. Season with **salt** and **pepper**.



**6 FINISH AND SERVE**  
Remove the **thyme stems** from the **rice** and stir in the **beans**. Divide the rice and beans between bowls and top with the **pork** and **veggies**. Drizzle over any **remaining liquid** from the pan.

## AMAZING!

Jamaican food is famous for its tasty, spicy flavours.