

Pepper and Pork Stir-Fry

with Green Onion Rice

35 Minutes



HELLO TERIYAKI SAUCE

 This sweet and savoury sauce adds Japanese-influenced flavour to any dish!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, medium pot, large bowl, measuring cups, large non-stick pan, paper towels

Ingredients

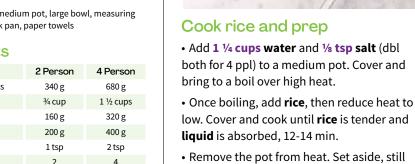
	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Jasmine Rice	¾ cup	1 ½ cups
Sweet Bell Pepper	160 g	320 g
Zucchini	200 g	400 g
Garlic Salt	1 tsp	2 tsp
Green Onion	2	4
Teriyaki Sauce	4 tbsp	8 tbsp
Cornstarch	1 tbsp	2 tbsp
Soy Sauce	1 tbsp	2 tbsp
Onion, sliced	56 g	113 g
Oil*		
Salt and Pepper*		

* 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.



covered. Meanwhile, core then cut pepper into

1/4-inch slices.

- Halve zucchini lengthwise, then cut into ¹/₄-inch half-moons.
- Thinly slice green onions.



Cook pork

- Reheat the same pan over medium-high.
- When hot, add 1 tbsp oil, then pork. (NOTE: Don't overcrowd the pan; cook in batches for 4 ppl, using 1 tbsp oil per batch.)
- Cook, stirring occasionally, until golden and cooked through, 3-4 min.**



Prep pork

• Pat **pork** dry with paper towels, then cut into 1/4-inch-thick strips.

• Add pork, garlic salt and cornstarch to a large bowl. Toss to coat. Set aside.



Cook veggies

- Heat a large non-stick pan over mediumhigh heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then peppers, zucchini and onions. Cook, stirring often, until tender-crisp, 4-5 min.
- Transfer veggies to a plate.

Assemble stir-fru

- Add veggies back to the pan with pork.
- Add teriyaki sauce, soy sauce and 1/3 cup water (dbl for 4 ppl). Cook, stirring occasionally, until veggies are warmed through and **sauce** thickens slightly, 2-3 min.
- Season with salt and pepper, to taste.



Finish and serve

 Fluff rice with a fork. Season with salt and stir in half the green onions.

- Divide **rice** between bowls, then top with pepper and pork stir-fry.
- Sprinkle remaining green onions over top.

Dinner Solved!

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