



Soy, Maple and Ginger-Glazed Pork Chops

with Stir-Fried Veggies

30 Minutes



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CUSTOM RECIPE
This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Double Pork Chops, boneless



Pork Chops, boneless



Soy Sauce



Maple Syrup



Sweet Bell Pepper



Basmati Rice



Green Onion



Ginger-Garlic Puree



Chicken Broth Concentrate



Cornstarch



Zesty Garlic Blend



Shanghai Bok Choy

HELLO GINGER

Peel ginger using a spoon's edge - you'll be able to maneuver around the knobby bits more easily!

Start here

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

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Baking sheet, measuring spoons, aluminum foil, medium pot, 2 small bowls, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Double Pork Chops, boneless	680 g	1360 g
Maple Syrup	2 tbsp	4 tbsp
Soy Sauce	2 tbsp	4 tbsp
Basmati Rice	¾ cup	1 ½ cups
Sweet Bell Pepper	1	2
Ginger-Garlic Puree	2 tbsp	4 tbsp
Green Onion	2	4
Cornstarch	1 tsp	2 tsp
Chicken Broth Concentrate	1	2
Shanghai Bok Choy	2	4
Zesty Garlic Blend	1 tbsp	2 tbsp
Unsalted Butter*	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

1. Stir together **rice**, **broth concentrate**, **half the ginger-garlic puree**, **1 ¼ cups** (2 ½ cups) **water** and **¼ tsp** (½ tsp) **salt** in a medium pot.
- Cover 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 from heat. Set aside, still covered.



Prep veggies

4. Meanwhile, thinly slice **green onions**.
- Cut **bok choy** into 1-inch pieces.
- Core, then cut **pepper** into ½-inch pieces.



Prep glaze and start pork

2. Stir together **maple syrup**, **4 tsp** (8 tsp) **soy sauce**, **1 tsp** (2 tsp) **cornstarch** and **3 tbsp** (6 tbsp) **water** in a small bowl until combined. (**NOTE:** This is your glaze mixture.)
- Heat a large non-stick pan over medium-high heat. While the pan heats, pat **pork** dry with paper towels.
- Season with **salt** and **Zesty Garlic Blend**.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **pork**. Pan-fry until golden-brown, 1-2 min per side. (**NOTE:** Pork will finish cooking in step 3.)
- Remove from heat.
- Transfer **pork** to a foil-lined baking sheet.

If you've opted for **double pork chops**, prepare and cook them in the same way the recipe instructs you to prepare and cook the regular portion of **pork chops**. Work in batches, if necessary.



Stir-fry veggies

5. Reheat the same pan (from step 3) over medium-high.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **peppers** and **bok choy**. Cook, stirring occasionally, until **veggies** are tender-crisp, 3-4 min.
- Add **half the green onions**, then drizzle **remaining soy sauce** over **veggies**. Season with **salt** and **pepper**, to taste.
- Cook, stirring often, until fragrant, 30 sec-1 min.



Cook glaze and finish pork

3. Return the same pan to medium.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan until melted.
- Add **remaining ginger-garlic puree**. Cook, stirring often, until fragrant, 30 sec.
- Add **glaze mixture**. Cook, stirring often, until **glaze** comes to a simmer and thickens slightly, 2-3 min.
- Transfer to a clean small bowl.
- Drizzle **1 tbsp glaze** over **each pork chop**.
- Broil **pork** in the **middle** of the oven until cooked through, 8-10 min.**
- Carefully wipe the pan clean.



Finish and serve

6. Fluff **rice** with a fork.
- Divide **rice** between plates. Top with **veggies**, then **pork**.
- Drizzle **any juices** from the baking sheet over **pork**.
- Drizzle **remaining glaze** over **pork**.
- Sprinkle with **remaining green onions**.

Dinner Solved!