



Soy, Maple and Ginger-Glazed Pork Chops

with Stir-Fried Veggies

30 Minutes



Pork Chops, boneless



Maple Syrup



Soy Sauce



Basmati Rice



Zucchini



Sweet Bell Pepper



Ginger



Garlic, cloves



Green Onion



Cornstarch



Chicken Broth Concentrate



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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.

Bust out

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

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Maple Syrup	2 tbsp	4 tbsp
Soy Sauce	2 tbsp	4 tbsp
Basmati Rice	¾ cup	1 ½ cup
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Ginger	15 g	30 g
Garlic, cloves	1	2
Green Onion	2	4
Cornstarch	1 tsp	2 tsp
Chicken Broth Concentrate	1	2
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.

Contact

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Cook rice

1. Peel, then mince or grate **garlic**.
2. Stir together **rice, broth concentrate, half the garlic, 1 ¼ cups water** and **¼ tsp salt** (dbl both for 4 ppl) in a medium pot.
3. Cover and bring to a boil over high heat.
4. Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
5. Remove the pot from heat. Set aside, still covered.



Prep veggies

1. Meanwhile, thinly slice **green onions**.
2. Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
3. Core, then cut **pepper** into ½-inch pieces.



Prep glaze and start pork

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



Stir-fry veggies

1. Heat the same pan (from step 3) over medium-high.
2. When pan is hot, add **½ tbsp oil** (dbl for 4 ppl), then **peppers** and **zucchini**. Cook, stirring occasionally, until **veggies** are tender-crisp, 3-4 min.
3. Add **remaining garlic** and **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

1. Return the same pan to medium.
2. When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted.
3. Add **2 tsp ginger**. Cook, stirring often, until fragrant, 30 sec.
4. Add **glaze mixture**. Cook, stirring often, until **glaze** comes to a simmer and thickens slightly, 2-3 min.
5. Transfer **glaze** to a clean small bowl.
6. Drizzle **1 tbsp glaze** over **each pork chop**.
7. Broil **pork** in the **middle** of the oven until cooked through, 8-10 min.**
8. Carefully wipe the pan clean.



Finish and serve

1. Fluff **rice** with a fork.
2. Divide **rice** between plates. Top with **veggies**, then **pork**.
3. Drizzle **any juices** from the baking sheet over **pork**.
4. Drizzle **remaining glaze** over **pork and veggies**.
5. Sprinkle with **remaining green onions**.

Dinner Solved!