



# SWEET AND SALTY HOISIN PORK

with Yu Choy and Green Onion Rice



## HELLO

### HOISIN SAUCE

Its sweet and salty flavour is the secret to making this dish delicious



Pork Chops



Hoisin Sauce



Soy Sauce



Sesame Oil



Jasmine Rice



Yu Choy



Green Onions

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 656



## BUST OUT

- Measuring Cups
- Salt
- Small Pot
- Olive or Canola oil
- Medium Bowl
- Large Non-Stick Pan
- Measuring Spoons

## INGREDIENTS

2-person | 4-person

- Pork Chops 1 pkg (340 g) | 2 pkg (680 g)
- Hoisin Sauce 1,4,8 1 pkg (2 tbsp) | 2 pkg (4 tbsp)
- Soy Sauce 1,4 2 pkg (1 tbsp) | 4 pkg (2 tbsp)
- Sesame Oil 8 1 pkg (2 tsp) | 2 pkg (4 tsp)
- Jasmine Rice 1 pkg (3/4 cup) | 2 pkg (1 1/2 cup)
- Yu Choy 1 pkg (340 g) | 2 pkg (680 g)
- Green Onions 2 | 4

## 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

## START STRONG

Searing your pork chops to a golden-brown colour locks in the juiciness.



**1 PREP** Wash and dry all produce. **Laver et sécher tous les aliments.** In a small pot, bring **1 1/2 cups salted water** (double for 4 people) to a boil. In a medium bowl, combine the **hoisin sauce, soy sauce and sesame oil.** Add the **pork** and toss to coat. Set aside. Thinly slice the **green onions.** Cut the **yu choy** into 3-inch pieces.



**4 COOK YU CHOY** Add another drizzle of **oil** to the same pan, then the **yu choy, remaining marinade** and **2 tbsp water** (double for 4 people). Cook, stirring occasionally, until the yu choy is tender-crisp, 4-5 min.



**2 COOK RICE** Add the **rice** to the boiling water. Reduce the heat to medium-low. Cover with a lid, and cook until the rice is tender and the water has been absorbed, 12-14 min.



**5 FINISH AND SERVE** Stir the **green onions** into the **rice.** Divide the **rice, yu choy and pork** between plates. Drizzle any **pan sauce** over the rice.



**3 COOK PORK** Meanwhile, heat a large non-stick pan over medium heat. Add a drizzle of **oil,** then the **pork,** shaking any excess marinade off into the bowl. (Reserve the marinade - we'll use it to make a sauce later!) Cook the pork until golden-brown and cooked through, 4-5 min per side. (**TIP:** Cook to a minimum internal temp. of 160°F. Cuire jusqu'à une température interne min. de 160°F.) Transfer the pork to a plate.

## SENSATIONAL!

This simple, fast dish is like making take-out at home!