



# PEACHY KEEN BBQ-RUBBED PORK CHOPS

with Lemony Green Beans & Garlic Rice

## INGREDIENTS

2 PERSON | 4 PERSON



1 Clove | 2 Cloves  
Garlic



1/2 Cup | 1 Cup  
White Rice



10 oz | 20 oz  
Pork Chops



1 TBSP | 2 TBSP  
Sweet and Smoky  
BBQ Seasoning



1 | 2  
Lemon



6 oz | 12 oz  
Green Beans



1 | 2  
Peach Jam



1 | 2  
Chicken Stock  
Concentrate



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!



## HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the  
HelloCustom instructions on the flip side of this card.



10 oz | 20 oz  
Chicken Cutlets

Calories: 620



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 650



HELLO

## PEACH JAM

Sweet and tart, this spread stars in a fruity pan sauce for pork.

## SO SAUCY

If the jam doesn't immediately dissolve when you add it to the pan, simply break up any clumps and watch 'em melt into a sauce.

## BUST OUT

- Zester
- Paper towels
- Small pot
- Large pan
- Baking sheet
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Olive oil (1 tsp | 1 tsp)
- Butter (2 TBSP | 4 TBSP)  
Contains: Milk

## GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663

HelloFresh.com



## 1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Peel and mince **garlic**. Zest and quarter **lemon**.



## 2 COOK RICE

- Heat a **drizzle of oil** in a small pot over medium-high heat. Add **garlic**; cook, stirring, until fragrant, 30 seconds.
- Stir in **rice**, **¾ cup water (1½ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



## 3 ROAST GREEN BEANS

- While rice cooks, trim **green beans** if necessary. Toss on a baking sheet with a **drizzle of olive oil**, **salt**, and **pepper**.
- Roast on top rack until browned and tender, 12-15 minutes.



## 4 COOK PORK

- Meanwhile, pat **pork\*** dry with paper towels. Season all over with **BBQ Seasoning**, **salt**, and **pepper**.
- Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add pork and cook until browned and cooked through, 4-6 minutes per side. **TIP: Lower heat if pork begins to brown too quickly.**
- Turn off heat; transfer pork to a plate. Wipe out pan.



Swap in **chicken\*** for pork; cook until browned and cooked through, 3-5 minutes per side.



## 5 MAKE SAUCE

- Return same pan to medium-high heat. Add **¼ cup water (½ cup for 4 servings)**, **jam**, **stock concentrate**, and **juice from half the lemon**. Bring to a simmer and cook until reduced and thickened, 2-3 minutes.
- Turn off heat; stir in **1 TBSP butter (2 TBSP for 4)** until melted. Season with **salt** and **pepper**.
- Return **pork** to pan and turn a few times to coat.



## 6 FINISH & SERVE

- Fluff **rice** with a fork; stir in **1 TBSP butter (2 TBSP for 4 servings)** and season with **salt** and **pepper**.
- Toss **green beans** with **lemon zest**.
- Divide rice, green beans, and **pork** between plates. Spoon any **remaining sauce** from pan over pork. Serve with **remaining lemon wedges** on the side.

\*Pork is fully cooked when internal temperature reaches 145°.

\*Chicken is fully cooked when internal temperature reaches 165°.