



SWEET 'N' SPICY APRICOT PORK CHOPS

with Garlicky Broccoli & Chili-Roasted Carrots

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Carrots



1 tsp | 2 tsp
Korean Chili Flakes



8 oz | 16 oz
Broccoli Florets



2 | 4
Scallions



10 oz | 20 oz
Pork Chops



1 tsp | 2 tsp
Garlic Powder



1 | 2
Apricot Jam



12 ml | 24 ml
Ponzu Sauce
Contains: Fish, Soy,
Wheat



1 tsp | 2 tsp
Sriracha



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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: 460

PREP: 5 MIN | COOK: 30 MIN | CALORIES: 500



HELLO

HALL OF FAME

Meet one of our all-star recipes: a tried-and-true favorite chosen by home cooks like you!

HOT STUFF

We recommend tasting the Korean chili flakes (they're spicy!) before seasoning the carrots. Add as much or as little as you like—you're the chef!

BUST OUT

- Peeler
- Large pan
- Baking sheet
- Aluminum foil
- Paper towels
- Kosher salt
- Black pepper
- Cooking oil (4 tsp | 4 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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1 START PREP & ROAST CARROTS

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces (if carrots are on the larger side, halve lengthwise first).
- Toss carrots on one side of a baking sheet with a **drizzle of oil, chili flakes (use less if you prefer less heat), and salt.** Roast on top rack for 5 minutes (you'll add more to the sheet then).



4 ROAST BROCCOLI

- Once carrots have roasted for 5 minutes, carefully toss **broccoli** on opposite side of sheet with a **drizzle of oil, garlic powder, salt, and pepper.**
- Return to top rack until veggies are browned and tender, 15-20 minutes more.



2 FINISH PREP

- Cut **broccoli** into bite-sized pieces if necessary. Trim and thinly slice **scallions**, separating whites from greens.



5 MAKE SAUCE

- Once veggies are almost done roasting, heat a **drizzle of oil** in pan used for pork over medium heat. Add **scallion whites**; cook, stirring, until fragrant, 1 minute.
- Add **jam, ponzu, Sriracha,** and ¼ cup **water** (½ cup for 4 servings) to pan. Cook, stirring, until thickened, 1-3 minutes. **TIP: If sauce seems too thick, stir in more water 1 tsp at a time.**
- Remove from heat and stir in **1 TBSP butter** (2 TBSP for 4) until melted. Season with **salt and pepper** to taste.

Use pan used for chicken here.



3 COOK PORK

- Pat **pork*** dry with paper towels and season all over with **salt and pepper.**
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add pork and cook until browned and cooked through, 4-6 minutes per side. Turn off heat; transfer to a cutting board to rest and tent with foil to keep warm. Wipe out pan.

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



6 FINISH & SERVE

- Slice **pork** crosswise.
- Divide pork and **veggies** between plates. Spoon **sauce** over pork and garnish with **scallion greens.** Serve.

Slice **chicken** crosswise.

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

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