



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
Jasmine 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

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



10 oz | 20 oz
Salmon
Contains: Fish

Calories: 780

PREP: 5 MIN | COOK: 20 MIN | CALORIES: 660



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

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

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

🐟 *Salmon is fully cooked when internal temperature reaches 145°.



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*** or **salmon*** for pork.
- 🐟 Cook chicken until cooked through, 4-6 minutes per side, or cook salmon (**skin sides down**) until skin is crisp, 5-7 minutes, then flip and cook until cooked through, 1-2 minutes more.



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.