



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



S Chicken Cutlets

G Calories: 900

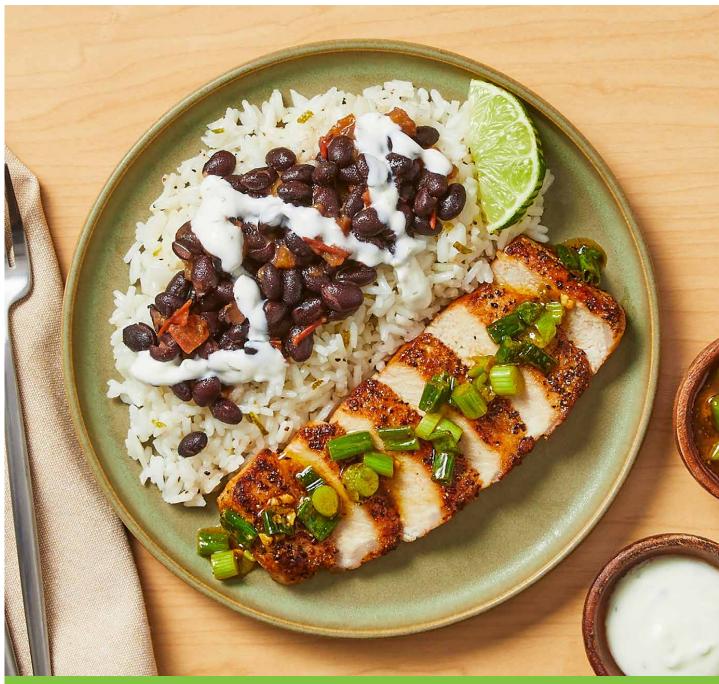


10 oz | 20 oz Beef Tenderloin Steak

Galories: 980

PORK CHOPS WITH ZESTY GREEN ONION SALSA

& Buttery Black Beans over Rice



PREP: 10 MIN COOK: 30 MIN CALORIES: 940

3



HELLO

GREEN ONION SALSA

A mix of scallions, spices, garlic, and lime juice

A PAT ABOVE

Blotting out moisture with paper towels allows the seasonings to stick and ensures even browning once the pork hits the pan.

BUST OUT

- Zester
- Strainer
- Medium pan

• Medium pot

Paper towels

- 2 Small bowls
- Kosher salt

• Small pot

- Black pepper
- Olive oil (2 TBSP | 2 TBSP)
- Cooking oil (2 tsp | 2 tsp)
- Butter (2 TBSP | 4 TBSP) **Contains: Milk**

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh (646) 846-3663 | HelloFresh.com

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

Chicken is fully cooked when internal temperature reaches 165

1 PREP & COOK RICE

- Wash and dry produce.
- Trim and roughly chop scallions. Peel and mince garlic. Zest and quarter lime. Dice tomato. Drain and rinse beans.
- In a small pot, combine rice, 3/4 cup water (11/2 cups for 4 servings), and a big 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.

2 MAKE SALSA

 While rice cooks, in a small bowl. combine scallions, 2 TBSP olive oil, and 1 tsp Southwest Spice Blend (you'll use more in the next step). Stir in a pinch of garlic and a squeeze of lime juice to taste. Season generously with salt and pepper. Taste and add more garlic and lime juice as needed.



3 COOK BEANS

- Heat a **drizzle of oil** in a medium pot over medium-high heat. Add tomato and remaining garlic; cook, stirring, until softened, 1-2 minutes.
- Add beans, stock concentrate, 1/2 cup water (1/3 cup for 4 servings), 1 tsp Southwest Spice Blend (1 TBSP for 4), salt, and pepper. (You'll use the rest of the Southwest Spice Blend in the next step.) Simmer until thickened, 5-10 minutes,
- Turn off heat; stir in 1 TBSP butter (2 TBSP for 4). Season with salt and pepper. Keep covered off heat until ready to serve.



- Meanwhile, pat pork* dry with paper towels. Season with **remaining** Southwest Spice Blend, salt, and pepper.
- Heat a drizzle of oil in a medium pan over medium-high heat. Add pork and cook until browned and cooked through, 4-6 minutes per side.
- Transfer to a cutting board.
- Swap in **chicken*** or **beef*** for pork. Cook G G chicken until browned and cooked through, 3-5 minutes per side, or cook beef to desired doneness. 4-7 minutes per side.



• While pork cooks, in a second small bowl, combine sour cream, half the lime zest, a squeeze of lime juice, and a big pinch of salt. Stir in water 1 tsp at a time until mixture reaches a drizzling consistency.



6 FINISH & SERVE

- Fluff rice with a fork; stir in 1 TBSP butter (2 TBSP for 4 servings), remaining lime zest, a squeeze of lime juice, salt, and pepper.
- Once cool enough to handle, slice pork crosswise.
- Divide rice and pork between plates. Top rice with **bean mixture** and **crema**. Top pork with salsa. Cut any remaining lime into smaller wedges and serve on the side.
- G Once cool enough to handle, thinly
- Slice **chicken** or **beef** against the grain.