



# HOT HONEY PORK FILET

with Roasted Sesame Carrots & Cilantro Lime Rice

## INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz  
Carrots



2 | 2  
Scallions



1 Thumb | 1 Thumb  
Ginger



1 | 1  
Lime



¼ oz | ¼ oz  
Cilantro



½ Cup | 1 Cup  
Jasmine Rice



10 oz | 20 oz  
Pork Filet



1 TBSP | 1 TBSP  
Sesame Seeds  
Contains: Sesame



1 TBSP | 1 TBSP  
Sesame Oil  
Contains: Sesame



1 | 2  
Chicken Stock  
Concentrate



½ oz | 1 oz  
Hot Honey



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: 670



10 oz | 20 oz  
Salmon  
Contains: Fish

Calories: 840



PREP: 10 MIN | COOK: 45 MIN | CALORIES: 690





HELLO

### CILANTRO LIME RICE

Bright cilantro and zesty lime give rice a refreshing flavor boost.

#### REST UP

Make sure to let the pork stand at least 5 minutes after it's done roasting in the oven. That extra time before slicing gives the juices a chance to settle and redistribute, keeping the meat nice and moist.

#### BUST OUT

- Peeler
  - Zester
  - Baking sheet
  - Small pot
  - Paper towels
  - Large pan
  - Kosher salt
  - Black pepper
  - 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.

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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 (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Trim and thinly slice **scallions**, separating whites from greens. Peel and mince **ginger**. Mince **cilantro**. Zest and quarter **lime**.



#### 4 COOK PORK

- Meanwhile, pat **pork\*** dry with paper towels; season all over with **salt** and **pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add pork; sear, turning occasionally, until browned all over, 4-8 minutes. Turn off heat.
- Once **carrots** have roasted 12 minutes, carefully add seared pork to empty side of sheet; wipe out pan. (**For 4 servings, leave carrots roasting and add pork to a second sheet; roast on middle rack.**) Return to top rack until carrots are browned and tender and pork is cooked through, 10-12 minutes more.
- Remove from oven; let pork rest on sheet for 5 minutes. Sprinkle carrots with **sesame seeds**.

- 🍗 Swap in **chicken\*** or **salmon\*** for pork. Cook until chicken is cooked through, 3-5 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. (**Skip roasting!**) Transfer to a cutting board to rest; cook through remaining step as instructed.



#### 2 ROAST CARROTS

- Toss **carrots** on one side of a baking sheet with a **drizzle of oil**; season generously with **salt** and **pepper**. (**For 4 servings, spread carrots out across entire sheet.**)
- Roast on top rack for 12 minutes (**you'll add more to the sheet then**).



#### 5 MAKE SAUCE

- Heat **half the sesame oil** (all for 4 servings) and ½ TBSP **butter** (1 TBSP for 4) in same pan over medium-high heat. Add **scallion whites** and **half the ginger** (**add more if desired**). Cook until fragrant and softened, 1 minute.
- Stir in **stock concentrate**, **hot honey**, and ¼ cup **water** (½ cup for 4). Bring to a simmer; cook until slightly reduced, 1-2 minutes. Remove from heat.
- Stir in 1 TBSP **butter** (2 TBSP for 4); season with **salt** and **pepper**.



#### 3 COOK RICE

- While carrots roast, in a small pot, combine **rice**, ¾ cup **water** (1½ cups for 4 servings), and a **pinch of salt**. Bring to a boil; cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.



#### 6 FINISH & SERVE

- Fluff **rice** with a fork; stir in **cilantro**, **lime zest**, **juice from half the lime**, and ½ TBSP **butter** (1 TBSP for 4). Season with **salt** and **pepper**.
  - Stir in **scallion greens** and any **resting juices** from pork to pan with **sauce**.
  - Slice **pork** crosswise.
  - Divide pork, rice, and **carrots** between plates. Spoon sauce over pork and serve with **remaining lime wedges** on the side.
- 🍗 Slice **chicken** crosswise (**skip slicing salmon!**).