



SWEET 'N' SPICY APRICOT PORK CHOPS

with Garlicky Green Beans & Chili-Roasted Carrots

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Carrots



1 tsp | 2 tsp
Korean Chili Flakes



6 oz | 12 oz
Green Beans



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



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: 450



10 oz | 20 oz
Beef Tenderloin
Steak

Calories: 530



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 490



HELLO

PONZU

A citrusy, umami-packed sauce that's savory, tart, and oh-so-delicious

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
 - Baking sheet
 - Paper towels
 - Large pan
 - Aluminum foil
 - Kosher salt
 - Black pepper
 - Cooking oil (4 tsp | 4 tsp)
 - Butter (1 TBSP | 2 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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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 10 minutes (you'll add more to the sheet then).



4 ROAST GREEN BEANS

- Once carrots have roasted for 10 minutes, carefully toss **green beans** on empty side of sheet with a **drizzle of oil**, **garlic powder**, **salt**, and **pepper**.
- Return to top rack until veggies are browned and tender, 12-15 minutes more.



2 FINISH PREP

- Trim **green beans** if necessary. Trim and thinly slice **scallions**, separating whites from greens.



5 MAKE SAUCE

- When veggies have 5 minutes of roasting remaining, 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 or beef 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*** or **beef*** for pork; cook chicken until browned and cooked through, 3-5 minutes per side, or cook beef to desired doneness, 4-7 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** or **beef** against the grain.

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

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

• Beef is fully cooked when internal temperature reaches 145°.