



TANGY TAMARIND PORK CHOPS

with White Rice & Garlicky Green Beans

INGREDIENTS

2 PERSON | 4 PERSON



¾ Cup | 1½ Cups
White Rice



6 oz | 12 oz
Green Beans



1 Clove | 2 Cloves
Garlic



2 | 4
Scallions



10 oz | 20 oz
Pork Chops



4 oz | 8 oz
Tangy Tamarind
Sauce
Contains: Fish, Soy



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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: 670



PREP: 5 MIN | COOK: 25 MIN | CALORIES: 700



HELLO

TAMARIND SAUCE

This sweet 'n' sour condiment makes for a deliciously tangy-fruity pan sauce that's perfect on pork chops.

DIVIDE & CONQUER

Why separate scallion whites from greens? Whites are firmer and more oniony, while greens are mild and tender.

BUST OUT

- Small pot
- Large pan
- Baking sheet
- Whisk
- Paper towels
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 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 COOK RICE

- Adjust rack to top position and preheat oven to 425 degrees.
- In a small pot, combine **rice**, **1¼ cups water (2¼ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



4 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. **TIP: If pork begins to brown too quickly, reduce heat and cover.**
- Turn off heat; transfer pork to a cutting board to rest for at least 5 minutes. Wipe out pan.
- Swap in **chicken*** for pork; cook until browned and cooked through, 3-5 minutes per side.



2 PREP

- While rice cooks, **wash and dry produce**.
- Trim **green beans** if necessary. Peel and mince or grate **garlic**. Trim and thinly slice **scallions**, separating whites from greens.



5 MAKE TAMARIND SAUCE

- Return pan used for pork to low heat. Add **tamarind sauce** and **¼ cup water (½ cup for 4 servings)**; cook, stirring occasionally, until sauce is warmed through, 30-60 seconds.
- Remove pan from heat; whisk in **1 TBSP butter (2 TBSP for 4)** until melted and combined. **TIP: If sauce seems too thick, add water a splash at a time until sauce reaches desired consistency.**



3 ROAST GREEN BEANS

- Toss **green beans**, **garlic**, and **scallion whites** on a baking sheet with a **drizzle of oil**, **salt**, and **pepper**.
- Roast on top rack until green beans are browned and tender, 12-15 minutes.



6 FINISH & SERVE

- Fluff **rice** with a fork. Taste and season with **salt** and **pepper** if desired.
- Slice **pork** crosswise.
- Divide rice and **green beans** between plates in separate sections. Place pork atop rice and spoon as much **sauce** as you like over the top. Garnish everything with **scallion greens** and serve.
- Slice **chicken** crosswise.

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

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