



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 Concentrate



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THERE TOO. SCAN HERE TO GET HELP
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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: 650



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
- Small pot
- Baking sheet
- Paper towels
- Large pan

- Kosher salt
 - Black pepper
 - Cooking oil (2 tsp | 2 tsp)
 - Olive oil (1 tsp | 1 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 and preheat oven to 425 degrees. **Wash and dry produce.**
- Peel and mince **garlic**. Zest and quarter **lemon**.



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.



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.



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.



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.



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.