



RED PEPPER JAM PORK CHOPS

with Garlic Lime Broccoli & Scallion Rice

INGREDIENTS

2 PERSON | 4 PERSON



1 Clove(s) | 2 Clove(s)
Garlic



8 oz | 16 oz
Broccoli



2 | 4
Scallions



1 | 2
Lime



1 tsp | 2 tsp
Chili Powder



1 tsp | 2 tsp
Garlic Powder



10 oz | 20 oz
Pork Chops



1 | 2
Red Pepper Jam



½ Cup(s) | 1 Cup(s)
Jasmine Rice



2 | 4
Chicken Stock
Concentrates



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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
Steelhead Trout
Contains: Fish

Calories: 810



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 650



BUST OUT

- Zester
- Small pot
- Baking sheet
- Paper towels
- Large pan
- Kosher Salt
- Black Pepper
- Olive Oil
- Butter *Contains: Milk*
- Cooking Oil

MORE IS MORE

If you upgraded your meal to double your protein or veggies, 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. To cook 3-serving or 6-serving recipes, refer to the separate **MORE IS MORE** card for all the info you'll need!

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



1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Peel and mince or grate **garlic**. Cut **broccoli florets** into bite-size pieces if necessary. Trim and thinly slice **scallions**, separating whites from greens; mince whites. Zest and quarter **lime**.



2 COOK RICE

- Melt **1 TBSP butter** (2 TBSP for 4 servings) in a small pot over medium heat. Add **garlic** and **half the chili powder** to pot. Cook, stirring, until fragrant, 1-2 minutes.
- Add **rice**, **half the stock concentrates** (you'll use the rest later), **¾ cup water** (1½ cups for 4), 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.



3 ROAST BROCCOLI

- Toss **broccoli** on a baking sheet with a **drizzle of olive oil**, **garlic powder**, **salt**, and **pepper**. Roast on top rack until browned and tender, 15-20 minutes. **TIP: Check broccoli after 10 minutes for doneness.**



4 COOK PORK

- Meanwhile, pat **pork*** dry with paper towels; season generously 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, 3-5 minutes per side (for **thick pork chops**, cook **1-2 minutes more on second side**). Transfer pork to a plate. **TIP: Wipe out any burned bits from pan.**

- 🔄 Swap in **chicken*** or **trout*** for pork. Cook chicken until cooked through, 3-5 minutes per side, or cook trout (**skin sides down**) until skin is crisp, 5-6 minutes, then flip and cook until opaque and cooked through, 4-6 minutes more.



5 MAKE SAUCE

- Heat a **drizzle of oil** in same pan over medium heat. Add **scallion whites** and **remaining chili powder**; cook, stirring, until softened and fragrant, 1 minute.
- Stir in **¼ cup water** (½ cup for 4 servings), **jam**, and **remaining stock concentrates**. Cook, stirring and scraping up any browned bits from bottom of pan, until thickened, 2-3 minutes.
- Remove pan from heat. Stir in **½ TBSP butter** (1 TBSP for 4) and a **squeeze of lime juice**. Season with **salt** and **pepper**.



6 GLAZE PORK

- Return **pork and any resting juices** to pan with **sauce**; turn a few times to coat. Transfer pork to a cutting board; slice crosswise.
- 🔄 Add **chicken** or **trout** to pan with **sauce** and turn to coat. Slice chicken crosswise (**skip slicing trout!**).



7 FINISH & SERVE

- Fluff **rice** with a fork. Stir in **lime zest**, **half the scallion greens**, and a **squeeze of lime juice**. Season with **salt** and **pepper**.
- Divide **pork**, **rice**, and **broccoli** between plates. Spoon **remaining pan sauce** over pork; garnish with remaining scallion greens. Top broccoli with a **squeeze of lime juice**. Serve.

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

🔄 *Poultry is fully cooked when internal temperature reaches 165°.

🔄 *Fish is fully cooked when internal temperature reaches 145°.

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