

INGREDIENTS

2 PERSON | 4 PERSON



Carrots



14 oz | 14 oz Cilantro



1/2 Cup | 1 Cup Jasmine Rice



10 oz | 20 oz Pork Chops



1 Clove | 2 Cloves

Scallions

1tsp | 1tsp

Cumin

1tsp | 1tsp

Chili Flakes





4 oz | 8 oz



1 TBSP | 2 TBSP Southwest Spice Blend



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



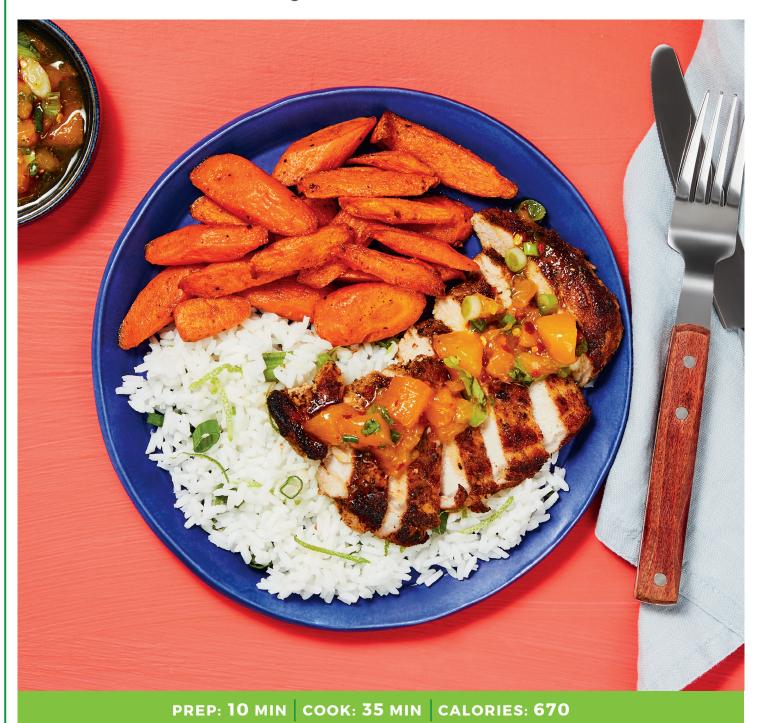
10 oz | 20 oz Organic Chicken Cutlets



Calories: 630

ISLAND BREEZE PORK CHOPS

with Cumin-Roasted Carrots, Mango Salsa & Scallion Rice





HELLO

MANGO SALSA

Mix tropical fruit with cilantro, scallions, and lime to create a tangy topper.

GIVE IT A REST

Let the pork chops stand a few minutes after cooking so the juices have a chance to settle—they keep the meat nice and moist.

BUST OUT

- Peeler
- Strainer
- Zester
- Medium bowlPaper towels
- Baking sheetSmall pot
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (4 tsp | 4 tsp)
- Olive oil (1 tsp | 1 tsp)
- Butter (1 TBSP | 2 TBSP)

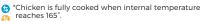
 Contains Milk

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*Pork 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.
- Trim, peel, and cut carrots on a diagonal into ½-inch-thick pieces. Peel and mince or grate garlic. Trim and thinly slice scallions, separating whites from greens; mince whites. Pick half the cilantro leaves (all for 4 servings) from stems; roughly chop leaves. Zest and quarter lime.



2 ROAST CARROTS

- Toss carrots on a baking sheet with a large drizzle of oil, half the cumin (all for 4 servings), salt, and pepper.
- Roast on top rack until browned and tender, 20-25 minutes.



3 COOK RICE

- Meanwhile, heat a drizzle of oil in a small pot (medium pot for 4 servings) over medium-high heat. Add garlic and cook, stirring, until fragrant, 30-60 seconds. Stir in rice, ¾ cup water (1½ cups for 4), and a pinch of salt; bring to a boil.
- Once boiling, cover and reduce to a simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.



4 MAKE SALSA

- While rice cooks, drain **mango**, discarding juice; roughly chop.
- In a medium bowl, combine mango, scallion whites, chopped cilantro, a squeeze of lime juice (two squeezes for 4 servings), a drizzle of olive oil, a pinch of chili flakes, and a pinch of salt and pepper.



5 COOK PORK

- Pat pork* dry with paper towels and season all over with Southwest Spice Blend, 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. Transfer to a cutting board and let rest at least 3 minutes.
- Swap chicken* or organic chicken*
- for pork. Cook chicken until browned and cooked through, 3-5 minutes per side.



6 FINISH & SERVE

- Fluff rice with a fork. Stir in scallion greens, 1 TBSP butter (2 TBSP for 4 servings), a squeeze of lime juice, and lime zest to taste. Taste and season with salt and pepper.
- Thinly slice **pork** crosswise. Divide rice, pork, and **carrots** between plates.
 Squeeze over remaining lime juice to taste. Top pork with **salsa** and serve.
- 5 Thinly slice chicken or organic
- chicken crosswise.