



ISLAND BREEZE PORK CHOPS

with Cumin-Roasted Carrots, Mango Salsa & Scallion Rice

INGREDIENTS

2 PERSON | 4 PERSON



9 oz | 18 oz
Carrots



1 Clove | 2 Cloves
Garlic



2 | 4
Scallions



¼ oz | ¼ oz
Cilantro



1 | 2
Lime



1 tsp | 1 tsp
Cumin



½ Cup | 1 Cup
Jasmine Rice



4 oz | 8 oz
Mango



1 tsp | 1 tsp
Chili Flakes



10 oz | 20 oz
Pork Chops



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

Calories: 630



10 oz | 20 oz
Organic Chicken
Cutlets

Calories: 630



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 670



HELLO FRESH

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
- Zester
- Baking sheet
- Small pot
- Strainer
- Medium bowl
- Paper towels
- 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

GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663
HelloFresh.com

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

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



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**.



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.**



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.



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.



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.



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.

- Thinly slice **chicken** or **organic chicken** crosswise.

WK 2-7