



# SWEET GINGER PORK CHOPS

with Buttery Rice & Roasted Broccoli

## INGREDIENTS

2 PERSON | 4 PERSON



1 Thumb | 2 Thumbs  
Ginger



1 | 2  
Chili Pepper



½ Cup | 1 Cup  
Jasmine Rice



8 oz | 16 oz  
Broccoli Florets



10 oz | 20 oz  
Pork Chops



1 | 2  
Apricot Jam



1 | 2  
Chicken Stock  
Concentrate



## HelloCustom

2 PERSON | 4 PERSON

If you chose a different protein or veggie when placing your order, follow the [HelloCustom](#) instructions on the flip side of this card to learn how to modify your meal.



10 oz | 20 oz  
Steelhead Trout  
Contains: Fish

Calories: 850



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 690





# HELLO FRESH

## HELLO

### APRICOT GINGER SAUCE

Jammy tartness meets warm, earthy spice for all-around sweet satisfaction.

### GET IT DOWN PAT

Why do we always ask you to pat your pork chops dry with paper towels? Blotting out as much moisture as possible allows the seasonings to really stick, and ensures even browning once the pork hits the hot pan for deliciously crispy, caramelized edges.

### BUST OUT

- Small pot
- Baking sheet
- Paper towels
- Medium pan
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (5 tsp | 5 tsp)
- Butter (2 TBSP | 2 TBSP)  
Contains: Milk
- [Large pan](#)

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

🔗 \*Trout is fully cooked when internal temperature reaches 145°.



### 1 PREP

- Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry produce.**
- Peel and mince or grate **ginger**. Cut **broccoli florets** into bite-size pieces if necessary. Thinly slice **chili**.



### 4 COOK PORK

- Meanwhile, pat **pork\*** dry with paper towels; season with **salt** and **pepper**.
  - Heat a **drizzle of oil** in a medium pan over medium-high heat. Add pork and cook until browned and cooked through, 4-6 minutes per side.
  - Turn off heat; transfer to a cutting board. Wipe out pan.
- 🔗 Swap in **trout\*** for pork. Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium heat. Add trout, skin sides down; cook until skin is crispy, 5-6 minutes. Flip and cook until opaque and cooked through, 4-6 minutes more. Turn off heat; remove from pan. Wipe out pan.



### 2 COOK RICE

- Heat a **large drizzle of oil** in a small pot over medium-high heat. Add **half the ginger** and cook, stirring, until fragrant, 30 seconds.
- Add **rice**, **¾ cup water** (**1½ 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.



### 5 MAKE SAUCE

- In a small bowl, combine **jam**, **stock concentrate**, and **¼ cup water** (**½ cup for 4 servings**).
- Heat a **drizzle of oil** in pan used for pork over medium heat. Add **remaining ginger** and cook until fragrant, 30 seconds.
- Pour in **jam mixture** and simmer until slightly thickened, 2-3 minutes.
- Remove from heat and stir in **1 TBSP butter** until melted. Season with **salt** and **pepper**.

🔗 Use pan used for trout here.



### 3 ROAST BROCCOLI

- While rice cooks, toss **broccoli** on a baking sheet with a **drizzle of oil** and a **big pinch of salt and pepper**.
- Roast on top rack until browned and tender, 12-15 minutes.



### 6 FINISH & SERVE

- Thinly slice **pork** crosswise.
- Fluff **rice** with a fork; stir in **1 TBSP butter** and season with **salt** and **pepper**.
- Divide rice and **broccoli** between plates. Top rice with pork and drizzle with **sauce**. Garnish with **chili** to taste and serve.

🔗 Skip slicing trout.

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