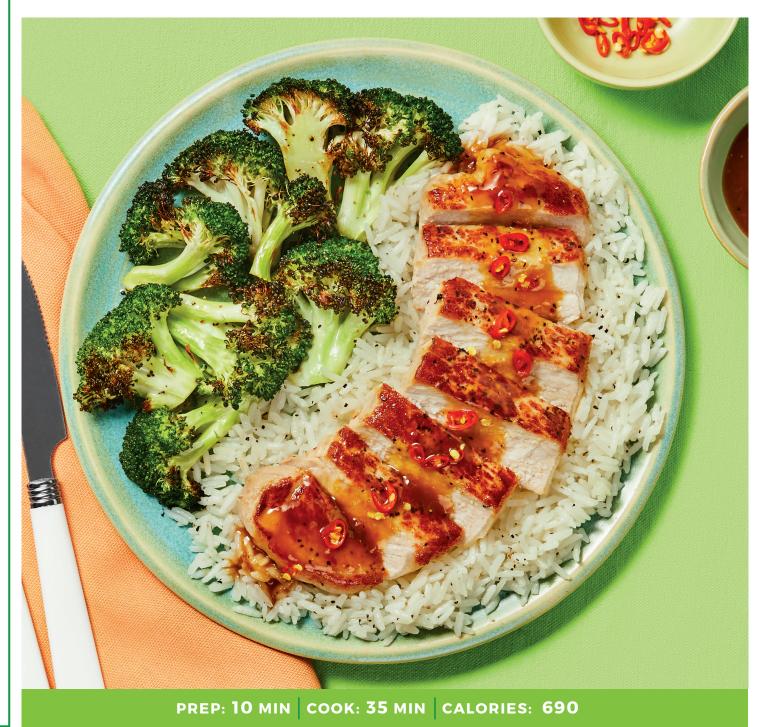




t 🔄 Calories: 850

# **SWEET GINGER PORK CHOPS**

with Buttery Rice & Roasted Broccoli



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#### **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°. strout 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.



**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.



#### **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.



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## 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.



#### **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**.
- G Use pan used for trout here.