



SWEET 'N' SPICY APRICOT PORK CHOPS

with Garlicky Green Beans & Chili-Roasted Carrots

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Carrots



1 tsp | 2 tsp
Korean Chili Flakes



6 oz | 12 oz
Green Beans



2 | 4
Scallions



10 oz | 20 oz
Pork Chops



1 tsp | 2 tsp
Garlic Powder



1 | 2
Apricot Jam



12 ml | 24 ml
Ponzu Sauce
Contains: Fish, Soy,
Wheat



1 tsp | 2 tsp
Sriracha



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THERE TOO. SCAN HERE TO GET HELP!



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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: 450



10 oz | 20 oz
Beef Tenderloin
Steak

Calories: 530



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 490



HELLO

PONZU

A citrusy, umami-packed sauce that's savory, tart, and oh-so-delicious

HOT STUFF

We recommend tasting the Korean chili flakes (they're spicy!) before seasoning the carrots. Add as much or as little as you like—you're the chef!

BUST OUT

- Peeler
- Large pan
- Baking sheet
- Aluminum foil
- Paper towels
- Kosher salt
- Black pepper
- Cooking oil (4 tsp | 4 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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1 START PREP & ROAST CARROTS

- 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 (**if carrots are on the larger side, halve lengthwise first**).
- Toss carrots on one side of a baking sheet with a **drizzle of oil**, **chili flakes** (**use less if you prefer less heat**), and **salt**. Roast on top rack for 10 minutes (**you'll add more to the sheet then**).



4 ROAST GREEN BEANS

- Once carrots have roasted for 10 minutes, carefully toss **green beans** on opposite side of sheet with a **drizzle of oil**, **garlic powder**, **salt**, and **pepper**.
- Return to top rack until veggies are browned and tender, 12-15 minutes more.



2 FINISH PREP

- Trim **green beans** if necessary. Trim and thinly slice **scallions**, separating whites from greens.



5 MAKE SAUCE

- When veggies have 5 minutes of roasting remaining, heat a **drizzle of oil** in pan used for pork over medium heat. Add **scallion whites**; cook, stirring, until fragrant, 1 minute.
- Add **jam**, **ponzu**, **Sriracha**, and ¼ cup **water** (½ cup for 4 servings) to pan. Cook, stirring, until thickened, 1-3 minutes. **TIP: If sauce seems too thick, stir in more water 1 tsp at a time.**
- Remove from heat and stir in **1 TBSP butter** (2 TBSP for 4) until melted. Season with **salt** and **pepper** to taste.



3 COOK PORK

- Pat **pork*** dry with paper towels and season all over 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, 4-6 minutes per side. Turn off heat; transfer to a cutting board to rest and tent with foil to keep warm. Wipe out pan.

- 🍳 Swap in **chicken*** or **beef*** for pork; cook chicken until browned and cooked through, 3-5 minutes per side, or cook beef to desired doneness, 4-7 minutes per side.



6 FINISH & SERVE

- Slice **pork** crosswise.
- Divide pork and **veggies** between plates. Spoon **sauce** over pork and garnish with **scallion greens**. Serve.

- 🍳 Slice **chicken** or **beef** against the grain.

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

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

🍳 *Beef is fully cooked when internal temperature reaches 145°.

🍳 Use pan used for chicken or beef here.

