



HOT HONEY PEACH PORK CHOPS

with Rice & Lemony Roasted Veggies

INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz
Carrots



1 | 2
Zucchini



1 | 2
Lemon



½ Cup | 1 Cup
Jasmine Rice



10 oz | 20 oz
Pork Chops



½ oz | 1 oz
Hot Honey



1 | 2
Peach Jam



2 | 4
Chicken Stock
Concentrates



1 tsp | 2 tsp
Chili Flakes



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2 PERSON | 4 PERSON

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10 oz | 20 oz
Chicken Cutlets

Calories: 690



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 720



HELLO FRESH

HELLO

PEACH JAM

Sweet and tart, this spread stars in a fruity pan sauce for pork.

BUTTER UP

Finishing a sauce with butter, as you will in Step 5, is a classic French technique called *beurre monté*. It enhances the flavor and texture of any sauce.

BUST OUT

- Peeler
- Zester
- Small pot
- Baking sheet
- Medium bowl
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (4 tsp | 4 tsp)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

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*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 (**top and middle positions for 4 servings**) and preheat to 425 degrees. **Wash and dry produce.**
- Trim, peel, and dice **carrots** into ½-inch pieces. Trim and halve **zucchini** lengthwise; cut crosswise into ½-inch-thick half-moons. Zest and quarter **lemon**.



4 COOK PORK

- Meanwhile, pat **pork*** dry with paper towels. Season all over with **salt and pepper**.
- Heat a **large 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 pork to a plate to rest.

- Pat **chicken*** dry with paper towels; season all over with a **large pinch of salt and pepper**. Swap in chicken for pork; cook 3-5 minutes per side.



2 COOK RICE

- In a small pot, combine **rice**, **¾ cup water (1½ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce heat to a low simmer. Cook, covered, until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.



5 MAKE SAUCE

- In pan used for pork, stir in **hot honey**, **jam**, **stock concentrates**, **¼ cup water (½ cup for 4 servings)**, and **juice from one lemon wedge (two wedges for 4)**. Increase heat to medium high and bring **sauce** to a simmer. Cook, stirring constantly, until thickened, 2-3 minutes. Remove from heat and stir in **1 TBSP butter (2 TBSP for 4)**; season with **salt and pepper**.
- Transfer **pork** to pan with sauce; turn to coat.



3 ROAST VEGGIES

- Toss **carrots** on one side of a baking sheet (**spread out across entire sheet for 4 servings**) with a **drizzle of oil**, **salt**, and **pepper**. Roast on top rack for 10 minutes.
- Remove sheet from oven. Toss **zucchini** on empty side with a **drizzle of oil**, **salt**, and **pepper**. (**For 4, leave carrots roasting; toss zucchini on a second sheet and roast on middle rack.**) Return to oven until veggies are tender and lightly browned, 10-15 minutes more.
- Let cool 2 minutes; transfer veggies to a medium bowl. Toss with **lemon zest** and **chili flakes** to taste.



6 FINISH AND SERVE

- Fluff **rice** with a fork; stir in **1 TBSP butter (2 TBSP for 4 servings)** and season with **salt and pepper** to taste.
- Divide rice, **veggies**, and **pork** between plates. Spoon any **remaining sauce** over pork. Serve with **remaining lemon wedges** on the side.