



FAJITA-SPICED PORK CHOP BULGUR BOWLS

with Tomato, Pickled Jalapeño & Garlic Lime Crema

INGREDIENTS

2 PERSON | 4 PERSON

- 2 Cloves | 4 Cloves
Garlic
- 2 | 4
Scallions
- 1 | 2
Jalapeño
- 1 | 2
Lime
- 1 | 2
Tomato
- 1 TBSP | 2 TBSP
Fajita Spice Blend
- ½ Cup | 1 Cup
Bulgur Wheat
Contains: Wheat
- 2 | 4
Chicken Stock Concentrates
- 10 oz | 20 oz
Pork Chops
- 2 TBSP | 4 TBSP
Mayonnaise
Contains: Eggs
- 1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



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10 oz | 20 oz
Chicken Cutlets

Calories: 560



10 oz | 20 oz
Bavette Steak

Calories: 650



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 600



HELLO

FAJITA SPICE BLEND

Fajita flavors (chili powder, paprika, cumin, garlic) add savory oomph to chops.

IN A PICKLE

In Step 3, you'll microwave sliced jalapeño in a lime-based pickling liquid; the heat helps the sugar and salt dissolve and speeds up the pickling process.

BUST OUT

- 2 Small bowls
 - Plastic wrap
 - Zester
 - Paper towels
 - Small pot
 - Large pan
-
- Kosher salt
 - Black pepper
 - Cooking oil (2 tsp | 2 tsp)
 - Sugar (¼ tsp | ½ tsp)

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

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

🥩 *Steak is fully cooked when internal temperature reaches 145°.



1 PREP

- **Wash and dry produce.**
- Peel and mince or grate **garlic**; reserve a pinch in a small bowl (you'll use it in Step 5). Trim and thinly slice **scallions**, separating whites from greens. Thinly slice **jalapeño** into rounds, removing ribs and seeds for less heat; mince a few rounds until you have 1 tsp (2 tsp for 4 servings). Zest and quarter **lime**. Dice **tomato** into ½-inch pieces.



4 COOK PORK

- Pat **pork*** dry with paper towels. Season all over with **remaining Fajita 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 to rest.
- 🍗 Swap in **chicken*** or **steak*** for pork.
- 🍗 Cook chicken until browned and cooked through, 3-5 minutes per side, or cook steak to desired doneness, 5-7 minutes per side.



2 COOK BULGUR

- Heat a **drizzle of oil** in a small pot over medium heat. Add **scallion whites, remaining garlic,** and **½ tsp Fajita Spice Blend (1 tsp for 4 servings).** Cook, stirring, until softened and fragrant, 2-3 minutes.
- Add **bulgur, stock concentrates, 1 cup water (2 cups for 4),** and a **pinch of salt.** Bring to a boil, then cover and reduce to a low simmer. Cook until water is absorbed and bulgur is tender, 12-15 minutes.
- Keep covered off heat until ready to serve.



5 MAKE CREMA

- To bowl with **reserved garlic,** add **mayonnaise, sour cream, a squeeze of lime juice (two squeezes for 4 servings), a big pinch of lime zest,** and a **pinch of minced jalapeño** to taste. **TIP: If you like some zesty heat, add a small splash of jalapeño pickling liquid in place of, or in addition to, lime juice.**
- Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper.**



3 PICKLE JALAPEÑO

- In a second small microwave-safe bowl, combine **sliced jalapeño, juice from half the lime (whole lime for 4 servings), ¼ tsp sugar (½ tsp for 4),** and a **pinch of salt.**
- Cover with plastic wrap and microwave for 30 seconds. Set aside to pickle, stirring occasionally.



6 FINISH & SERVE

- Fluff **bulgur** with a fork. Stir in **tomato, half the scallion greens, remaining lime zest, a squeeze of lime juice,** and as much **remaining minced jalapeño** as you like. Season with **salt** and **pepper.**
- Thinly slice **pork** crosswise.
- Divide bulgur between shallow bowls; top with pork. Drizzle everything with **crema**; garnish with remaining scallion greens and as much **pickled jalapeño (draining first)** as you like. Serve.
- 🍗 Thinly slice **chicken** or **steak** against the grain.