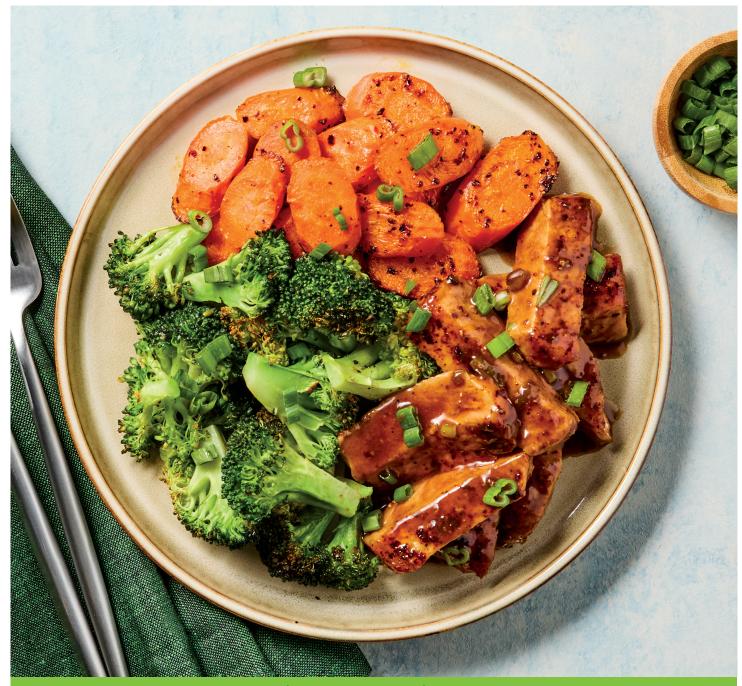


# **PAN-SEARED SWEET SOY GLAZED PORK**

with Roasted Carrots & Broccoli



PREP: 5 MIN COOK: 30 MIN CALORIES: 510

7



## **HELLO**

#### SWEET SOY GLAZE

A sweet, salty, tangy blend that spotlights soy sauce, vinegar, and nutty sesame oil

## **HOT STUFF**

We recommend tasting the Korean chili flakes before adding them to the dish (they can be spicy!). Then, add as much or as little as you like-you're the chef!

#### **BUST OUT**

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



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\*Pork is fully cooked when internal temperature reaches 145° S\*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 oven to 425 degrees. Wash and dry produce.
- Cut broccoli into bite-size pieces if necessary. Trim, peel, and cut carrots on a diagonal into ½-inch-thick pieces. Trim and thinly slice scallions, separating whites from greens.



## **2 ROAST VEGGIES**

- Toss broccoli on one side of a baking sheet with a **drizzle of oil**. salt. and pepper. Toss carrots on empty side with a drizzle of oil, a pinch of chili flakes, salt, and pepper. (For 4 servings, spread broccoli out across entire sheet. Add carrots to a separate baking sheet; roast broccoli on top rack and carrots on middle rack.)
- Roast on top rack, tossing halfway through, until tender and crisp, 20-25 minutes.



# **3 COOK PORK**

- Pat pork\* dry with paper towels and season all over with garlic powder, remaining chili flakes, salt, and pepper. Heat a drizzle of oil in a large pan over medium-high heat. Add pork; cook until browned and cooked through, 4-6 minutes per side.
- Turn off heat; transfer to a cutting board. Wipe out pan and let cool slightly.
- Swap in **chicken**\* for pork; cook until E browned and cooked through, 3-5 minutes per side.



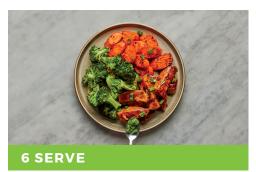
- Heat a drizzle of oil in pan used for pork over medium-high heat. Add scallion whites; cook until softened, 1-2 minutes. Add sweet soy glaze and  $\frac{1}{4}$  cup water ( $\frac{1}{3}$  cup for 4 servings); simmer until bubbling and slightly thickened, 2-3 minutes. Remove from heat and stir in 1 TBSP butter (2 TBSP for 4) until melted.





Slice pork crosswise.

- Add pork to pan with **sauce** and toss to coat.
- Slice chicken crosswise and toss with sauce as instructed.



• Divide carrots, broccoli, and glazed pork between plates. Drizzle any remaining sauce from pan over pork. Garnish with scallion greens and serve.