



HOT HONEY PORK CHOPS

with Rice & Lemony Roasted Veggies

INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz
Carrots



1 | 2
Zucchini



1 | 2
Lemon



1 tsp | 2 tsp
Chili Flakes



½ oz | 1 oz
Hot Honey



1 | 2
Peach Jam



½ Cup(s) | 1 Cup(s)
Jasmine Rice



10 oz | 20 oz
Pork Chops



2 | 4
Chicken Stock Concentrates



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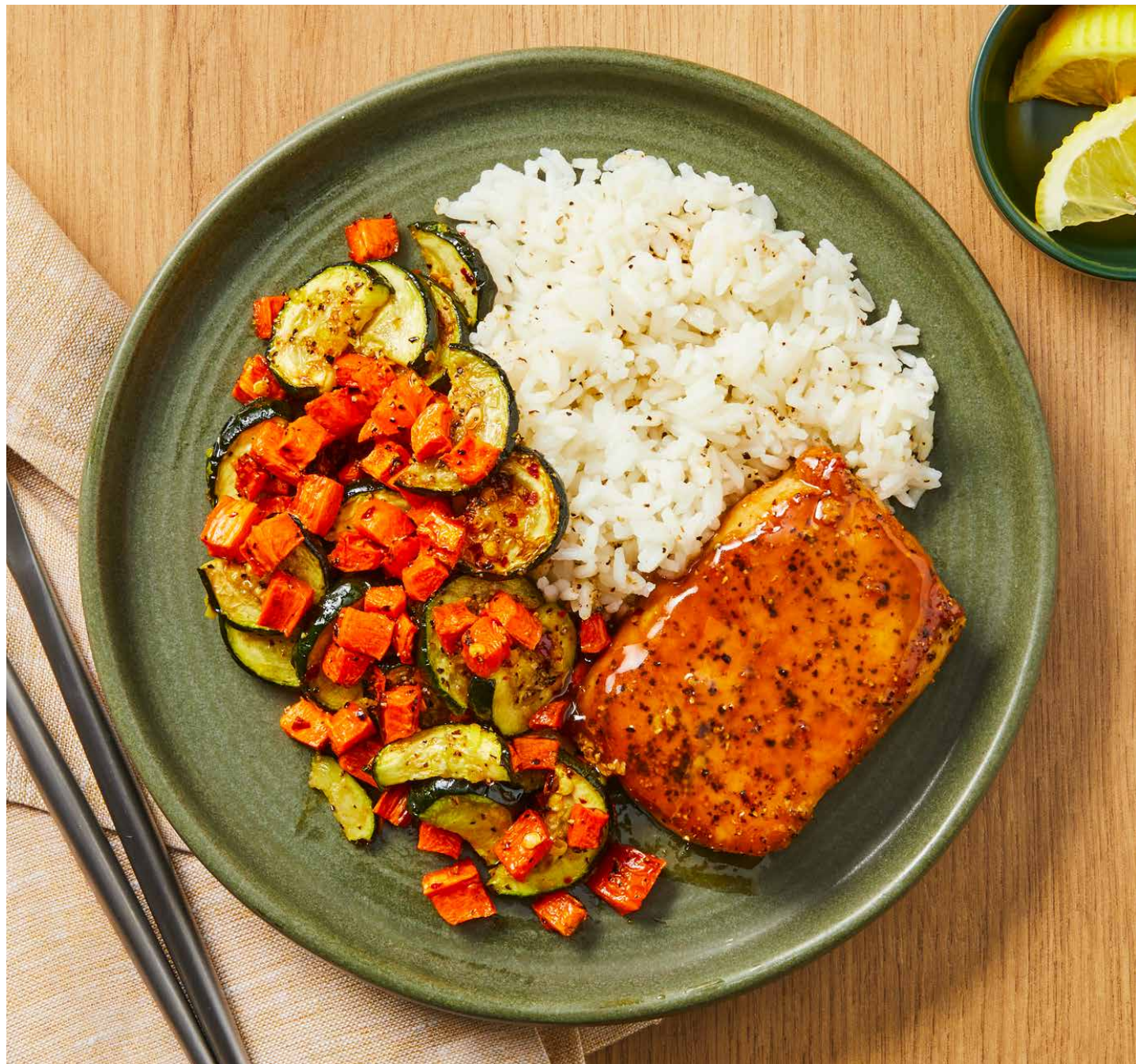
2 PERSON | 4 PERSON

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: 690



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



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
- Butter
Contains: Milk

MORE IS MORE

If you upgraded your meal to double your protein or veggies, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. To cook 3-serving or 6-serving recipes, refer to the separate **MORE IS MORE** card for all the info you'll need!

For HelloCustom nutritional information, please refer to HelloFresh.com.

HOW WAS YOUR MEAL?



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1 PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven 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**.



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.



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. Carefully 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 veggies cool 2 minutes; transfer to a medium bowl. Toss with **lemon zest** and **chili flakes** to taste.



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.



5 MAKE SAUCE

- In pan used for pork, stir together **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.



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.

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

🍗 Poultry is fully cooked when internal temperature reaches 165°.

🔄 Swap in **chicken*** for pork; cook 3-5 minutes per side.