



PAN-SEARED SWEET SOY GLAZED PORK

with Roasted Carrots & Broccoli

INGREDIENTS

2 PERSON | 4 PERSON



9 oz | 18 oz
Carrots



8 oz | 16 oz
Broccoli Florets



2 | 4
Scallions



1 tsp | 2 tsp
Korean Chili
Flakes



10 oz | 20 oz
Pork Chops



1 tsp | 2 tsp
Garlic Powder



4 TBSP | 8 TBSP
Sweet Soy Glaze
Contains: Sesame,
Soy, Wheat



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THERE TOO. SCAN HERE TO GET HELP!



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10 oz | 20 oz
Chicken Cutlets

Calories: 460



10 oz | 20 oz
Organic Chicken
Cutlets

Calories: 460



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 500



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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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 florets** 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*** or **organic chicken*** for pork; cook until browned and cooked through, 3-5 minutes per side.



4 MAKE SAUCE

- 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 **¼ cup water** (½ 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.



5 GLAZE PORK

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



6 SERVE

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

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

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

🔄 Use pan used for chicken here.