



PINEAPPLE PORK CHOPS

with Green Beans and Jasmine Rice



HELLO

PINEAPPLE SALSA

Pork chops go tropical with this tangy, fruit-forward topping.

PREP: 10 MIN | **TOTAL: 35 MIN** | **CALORIES: 590**



Green Beans



Lime



Pineapple



Pork Chops



Shallot



Cilantro



Jasmine Rice



Honey

START STRONG

Don't throw out the juice that comes with the pineapple—we'll be using it to add an extra touch of sweetness to the pork.

BUST OUT

- Small pot
- Strainer
- Medium bowl
- Large pan
- Aluminum foil
- Olive oil (2 tsp | 4 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- | | |
|----------------|---------------|
| • Shallot | 1 1 |
| • Lime | 1 2 |
| • Cilantro | ¼ oz ½ oz |
| • Pineapple | 4 oz 8 oz |
| • Jasmine Rice | ½ Cup 1 Cup |
| • Pork Chops | 12 oz 24 oz |
| • Honey | ½ oz 1 oz |
| • Green Beans | 6 oz 12 oz |

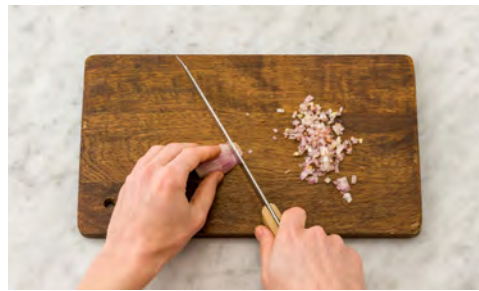
HELLO WINE



PAIR WITH

Libellule Pays d'Oc
Gewürztraminer, 2016

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1 PREP INGREDIENTS

Wash and dry all produce. Bring **¾ cup water** and a large pinch of **salt** to a boil in a small pot. Peel, halve, and mince **shallot**. Halve **lime**. Finely chop **cilantro**. Drain **pineapple**, reserving juice, and finely chop flesh.



2 COOK RICE

Once water is boiling, add **rice** to pot. Cover, lower heat, and reduce to a simmer. Cook until tender, 15-20 minutes. Remove from heat and keep covered until meal is ready.



3 MAKE SALSA

In a medium bowl, combine **pineapple**, **2 tsp shallot**, half the **cilantro**, and **juice from one lime half**. Season with **salt** and **pepper**.



4 COOK PORK AND MAKE GLAZE

Heat a drizzle of **olive oil** in a large pan over medium-high heat. Season **pork** all over with **salt** and **pepper**. Add to pan and cook until it almost reaches desired doneness, 4-5 minutes per side. Stir in remaining **shallot**, **honey**, **pineapple juice**, and **2 TBSP water**. Cook until pork is done, another 1-2 minutes. Remove from heat and stir in a squeeze of **lime**.



5 COOK GREEN BEANS

Transfer **pork** and **glaze** to a plate; cover with foil to keep warm. Wipe out pan, then heat a drizzle of **olive oil** in it over medium-high heat. Add **green beans**. Cook, tossing occasionally, until tender but still slightly crisp, 3-5 minutes. Season with **salt** and **pepper**. **TIP:** Add a splash of water to the pan if you're having trouble getting the green beans to soften.



6 FINISH AND PLATE

Fluff **rice** with a fork, then stir in remaining **cilantro** and a squeeze of **lime**. Divide between plates, then top with **green beans** and **pork**. Drizzle **glaze** over pork and top with **salsa**.

JAZZ IT UP!

Love the salsa? Make it again to go with poultry or seafood.

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