



# TERIYAKI PORK CHOPS

with Sesame Scallion Rice and Ginger-Scented Carrots



## HELLO GINGER

This spicy aromatic adds depth of flavor to teriyaki sauce and roasted carrots.

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 680



Carrots



Ginger



Pork Chops



Sesame Seeds



Scallions



Jasmine Rice



Teriyaki Sauce  
(Contains: Soy)



## START STRONG

Why do we ask you to prick the pork chops in step 4? It's a quick and easy way to tenderize meat (hence the needles on store-bought meat tenderizers) so you end up with juicy, flavorful results.

## BUST OUT

- Peeler
- Paper towels
- Grater
- Large pan
- Baking sheet
- Kosher salt
- Small pot
- Black pepper
- Olive oil (1 tsp | 1 tsp)
- Vegetable oil (2 tsp | 2 tsp)
- Butter (1 TBSP | 1 TBSP)  
(Contains: Milk)

## INGREDIENTS

Ingredient **2-person** | **4-person**

- Carrots **9 oz** | **18 oz**
- Ginger **1 Thumb** | **2 Thumbs**
- Scallions **2** | **4**
- Sesame Seeds **1 TBSP** | **2 TBSP**
- Jasmine Rice **½ Cup** | **1 Cup**
- Pork Chops\* **12 oz** | **24 oz**
- Teriyaki Sauce **8 TBSP** | **16 TBSP**

\* Pork is fully cooked when internal temperature reaches 145 degrees.

## WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



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## 1 PREP

Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.** Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Peel and mince or grate **ginger**. Trim and thinly slice **scallions** on a diagonal, separating whites from greens.



## 2 ROAST CARROTS

Toss **carrots** on a baking sheet with a drizzle of **olive oil**, half the **ginger**, **salt**, and **pepper**. Roast on top rack until tender and lightly browned at the edges, 20-25 minutes.



## 3 COOK RICE

Meanwhile, melt **1 TBSP butter** in a small pot over medium-high heat. Add half the **sesame seeds** and cook, stirring, until golden brown, 2-3 minutes. Add **rice**, **scallion whites**, **¾ cup water** (1½ cups for 4 servings), **salt**, and **pepper**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.



## 4 COOK PORK

While rice cooks, pat **pork** dry with paper towels; prick all over with a fork or knife. Season all over with **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. Turn off heat; transfer to a plate. Wipe out pan.



## 5 SIMMER SAUCE

Heat a drizzle of **oil** in same pan over medium-high heat. Add remaining **ginger** and cook until fragrant, 20-30 seconds. Stir in **teriyaki sauce** and simmer until slightly thickened, 1-2 minutes. Turn off heat.



## 6 FINISH AND SERVE

Fluff **rice** with a fork; divide between plates along with **carrots** and **pork**. Top pork with **sauce** and sprinkle with **scallion greens** and remaining **sesame seeds**. Serve.

## CARROT (ON) TOP

Love this simple side? Next time, try serving the ginger-studded veg with chicken legs.

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