



JUL  
2016

## Zesty Pork Chops

with Summer Corn & Red Bean Salad

Lime, Cajun seasoning, and a honey glaze give these pork chops serious flavor. If you can, throw the chops on the grill for swoon-worthy grill marks. This salad is great warm or cold—perfect for outdoor entertaining!



**Prep:** 15 min  
**Total:** 35 min



level 1



nut free



gluten free



dairy free



Boneless  
Pork Chops



Garlic



Cajun  
Seasoning



Corn



Kidney Beans



Red Onion



Roma Tomatoes



Limes



Honey



Parsley

## Ingredients

Boneless Pork Chops	24 oz
Garlic	2 Cloves
Cajun Seasoning 	1 T
Corn	2 Ears
Kidney Beans	2 Boxes
Red Onion	1
Roma Tomatoes	2
Limes	2
Honey	4 t
Parsley	¼ oz
Oil*	4 t

## 4 People

\*Not Included

## Allergens

None

## Tools

Zester, Strainer, Medium bowl, Large pan, Large bowl

Ruler

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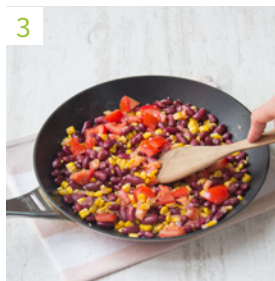
**Nutrition per person** Calories: 595 cal | Fat: 17 g | Sat. Fat: 5 g | Protein: 55 g | Carbs: 49 g | Sugar: 11 g | Sodium: 279 mg | Fiber: 16 g



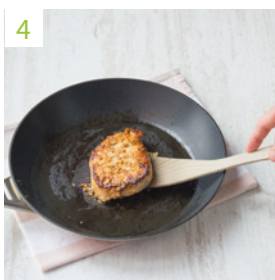
**2 Prep the ingredients: Wash and dry all produce.** If you have a grill, heat it to high. Zest, then halve the **limes**. Core, seed, and dice the **tomatoes**. Cut the **corn kernels** off the cobs. Halve, peel, and finely dice the **onion**. Finely chop the **parsley**. Mince or grate the **garlic**. Drain and rinse the **beans**.



**2 Marinate the pork:** In a medium bowl, combine the **garlic**, **lime zest**, **lime juice**, and the **Cajun seasoning** (you can use less seasoning if the kids prefer it). Rub the spice mixture into the **pork chops**. Season generously with **salt** and **pepper** and set aside to marinate.



**3 Make the salad:** Heat a large drizzle of **oil** in a large pan over medium-high heat. Add the **corn** and **red onion** to the pan and cook, tossing for 2-3 minutes, until softened. Season with **salt** and **pepper**. Add the **beans** and **tomatoes** to the pan and toss for 1 minute, until heated through. Season with **salt** and **pepper**. Remove from the pan and set aside in a large bowl. Stir in the remaining **lime zest**, the **juice of 1 lime**, and **parsley**.



**4 Cook the pork:** Heat another large drizzle of **oil** in the same pan over medium-high heat. Add the **pork** to the pan and cook for 3-4 minutes per side, or until cooked to desired doneness. **TIP:** You can cook the pork on the grill, too! Set aside to rest.

**5 Finish and serve:** Glaze each **zesty pork chop** with **1 teaspoon honey**. Serve with the **summer corn & red bean salad** to the side and enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics and you'll be entered into our weekly photo contest!

