



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:** 10 min
Total: 30 min

 level 1

 nut free

 gluten free

 dairy free



Boneless
Pork Chops



Garlic



Cajun
Seasoning



Corn



Kidney Beans



Red Onion



Roma Tomato



Lime




Honey



Parsley

Ingredients

	2 People	4 People
Boneless Pork Chops	12 oz	24 oz
Garlic	1 Clove	2 Cloves
Cajun Seasoning 	1 T	1 T
Corn	1 Ear	2 Ears
Kidney Beans	1 Box	2 Boxes
Red Onion	½	1
Roma Tomato	1	2
Lime	1	2
Honey	2 t	4 t
Parsley	¼ oz	¼ oz
Oil*	2 t	4 t

*Not Included

Allergens

None

Tools

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

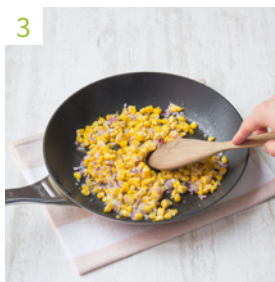
Ruler

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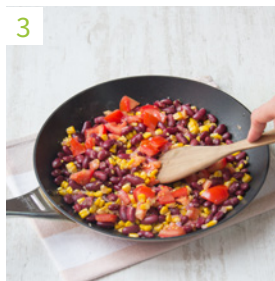
Nutrition per person Calories: 595 cal | Fat: 17 g | Sat. Fat: 5 g | Protein: 55 g | Carbs: 49 g | Sugar: 11 g | Sodium: 279 mg | Fiber: 16 g



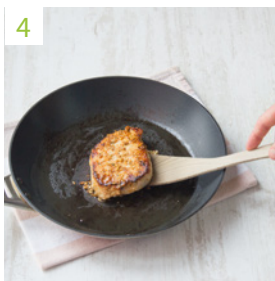
2 Prep the ingredients: Wash and dry all produce. If you have a grill, heat it to high. Zest, then halve the **lime**. Core, seed, and dice the **tomato**. Cut the **corn kernels** off the cob. Halve, peel, and finely dice **half the onion**. Finely chop the **parsley**. Mince or grate the **garlic**.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



2 Marinate the pork: In a medium bowl, combine the **garlic**, **half the lime zest**, **the juice of half a lime**, and the **Cajun seasoning**. 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 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**, remaining **lime juice**, and **parsley**.



4 Cook the pork: Heat another 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!

