



ISLAND BREEZE PORK CHOPS

with Cumin-Roasted Carrots, Mango Salsa & Scallion Rice

INGREDIENTS

2 PERSON | 4 PERSON



9 oz | 18 oz
Carrots



1 Clove | 2 Cloves
Garlic



2 | 4
Scallions



¼ oz | ¼ oz
Cilantro



1 | 2
Lime



1 tsp | 1 tsp
Cumin



½ Cup | 1 Cup
Jasmine Rice



1 | 2
Chicken Stock Concentrate



4 oz | 8 oz
Mango



1 tsp | 1 tsp
Chili Flakes



10 oz | 20 oz
Pork Chops



1 TBSP | 2 TBSP
Southwest Spice Blend



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THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Chicken Cutlets

Calories: 640



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 680



HELLO

MANGO SALSA

Mix tropical fruit with cilantro, scallions, and lime to create a tangy topper.

GIVE IT A REST

Let the pork chops stand a few minutes after cooking so the juices have a chance to settle—they keep the meat nice and moist.

BUST OUT

- Peeler
 - Zester
 - Baking sheet
 - Small pot
 - Kosher salt
 - Black pepper
 - Cooking oil (4 tsp | 4 tsp)
 - Olive oil (1 tsp | 1 tsp)
 - Butter (1 TBSP | 2 TBSP)
- Contains: Milk

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1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Peel and mince or grate **garlic**. Trim and thinly slice **scallions**, separating whites from greens; mince whites. Pick **half the cilantro leaves (all for 4 servings)** from stems; roughly chop leaves. Zest and quarter **lime**.



4 MAKE SALSA

- While rice cooks, drain **mango**, reserving juice; roughly chop.
- In a medium bowl, combine mango, **1 TBSP reserved mango juice**, **scallion whites**, **chopped cilantro**, a **squeeze of lime juice (two squeezes for 4 servings)**, a **drizzle of olive oil**, a **pinch of chili flakes**, and a **pinch of salt and pepper**.



2 ROAST CARROTS

- Toss **carrots** on a baking sheet with a **large drizzle of oil**, **half the cumin (all for 4 servings)**, **salt**, and **pepper**.
- Roast on top rack until browned and tender, 20-25 minutes.



5 COOK PORK

- Pat **pork*** dry with paper towels and season all over with **Southwest Spice Blend**, **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. Transfer to a cutting board and let rest at least 3 minutes.

- 🔄 Swap **chicken*** for pork. Cook chicken until browned and cooked through, 3-5 minutes per side.



3 COOK RICE

- Meanwhile, heat a **drizzle of oil** in a small pot (**medium pot for 4 servings**) over medium-high heat. Add **garlic** and cook, stirring, until fragrant, 30-60 seconds. Stir in **rice**, **¾ cup water (1½ cups for 4)**, **stock concentrate**, and a **pinch of salt**; bring to a boil.
- Once boiling, cover and reduce to a simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.



6 FINISH & SERVE

- Fluff **rice** with a fork. Stir in **scallion greens**, **1 TBSP butter (2 TBSP for 4 servings)**, a **squeeze of lime juice**, and **lime zest** to taste. Taste and season with **salt** and **pepper**.
- Thinly slice **pork** crosswise. Divide rice, pork, and **carrots** between plates. Squeeze over remaining lime juice to taste. Top pork with **salsa** and serve.

- 🔄 Thinly slice **chicken** crosswise.

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

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