



Glazed Pork Chops with Pineapple and Veggie Fried Rice

35 Minutes



Pork Chops,
boneless



Garlic Salt



Basmati Rice



Sweet Bell Pepper



Pineapple, spears



Green Onions



Edamame



Sweet Chili Sauce



Soy Sauce

HELLO PINEAPPLE

This tasty fruit adds a sweet and sour punch to the stir-fry!

Start here

- Before starting, preheat your broiler to high.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, aluminum foil, medium pot, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Garlic Salt	1 tsp	2 tsp
Basmati Rice	¾ cup	1 ½ cups
Sweet Bell Pepper	160 g	320 g
Pineapple, spears	95 g	190 g
Green Onions	2	4
Edamame	56 g	113 g
Sweet Chili Sauce	2 tbsp	4 tbsp
Soy Sauce	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F, as size may vary.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Prep

Add **1 ¼ cups water** (dbl for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. While **water** comes to a boil, core, then cut **peppers** into ½-inch pieces. Cut **pineapple** into ½-inch pieces. Thinly slice **green onions**. Pat **pork** dry with paper towels, then season with **half the garlic salt** and **pepper**.



Cook veggies

While **pork** cooks, heat the same pan over medium-high. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **peppers** and **edamame**. Cook, stirring occasionally, until tender-crisp, 4-5 min. Add **pineapple**. Cook, stirring often, until warmed through, 1-2 min. Season with **remaining garlic salt** and **pepper**, then stir to combine. Remove pan from heat, then transfer **pineapple mixture** to a plate.



Cook rice

Add **rice** to the pot of **boiling water**. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



Assemble fried rice

Fluff **rice** with a fork. Heat the same pan over medium-high. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **rice**. Cook, stirring often, until **liquid** has been absorbed and **rice** begins to brown, 2-3 min. Add **soy sauce**, **pineapple mixture**, **half the green onions**, **remaining sweet chili sauce** and any **pork juices** from the baking sheet. Stir together until warmed through, 1-2 min.



Cook pork

While **rice** cooks, heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **pork**. Pan-fry, until golden-brown, 1-2 min per side. Remove pan from heat then transfer **pork** to a foil-lined baking sheet. Spread **half the sweet chili sauce** over tops of **pork**. Broil in the **middle** of the oven until cooked through, 9-11 min.**



Finish and serve

Thinly slice **pork**. Divide **pineapple fried rice** between plates. Top with **pork** and sprinkle with **remaining green onions**.

Dinner Solved!