



Pepper and Pork Stir-Fry

with Green Onion Rice

35 Minutes



Pork Chops,
boneless



Jasmine Rice



Sweet Bell Pepper



Zucchini



Garlic Salt



Green Onion



Teriyaki Sauce



Cornstarch



Soy Sauce



Onion, sliced

HELLO TERIYAKI SAUCE

This sweet and savoury sauce adds Japanese-influenced flavour to any dish!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, medium pot, large bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Jasmine Rice	¾ cup	1 ½ cups
Sweet Bell Pepper	160 g	320 g
Zucchini	200 g	400 g
Garlic Salt	1 tsp	2 tsp
Green Onion	2	4
Teriyaki Sauce	4 tbsp	8 tbsp
Cornstarch	1 tbsp	2 tbsp
Soy Sauce	1 tbsp	2 tbsp
Onion, sliced	56 g	113 g
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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Cook rice and prep

- Add **1 ¼ cups water** and **½ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then 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.
- Meanwhile, core then cut **pepper** into ¼-inch slices.
- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Thinly slice **green onions**.



Cook pork

- Reheat the same pan over medium-high.
- When hot, add **1 tbsp oil**, then **pork**. (**NOTE:** Don't overcrowd the pan; cook in batches for 4 ppl, using 1 tbsp oil per batch.)
- Cook, stirring occasionally, until golden and cooked through, 3-4 min.**



Prep pork

- Pat **pork** dry with paper towels, then cut into ¼-inch-thick strips.
- Add **pork, garlic salt** and **cornstarch** to a large bowl. Toss to coat. Set aside.



Assemble stir-fry

- Add **veggies** back to the pan with **pork**.
- Add **teriyaki sauce, soy sauce** and **½ cup water** (dbl for 4 ppl). Cook, stirring occasionally, until **veggies** are warmed through and **sauce** thickens slightly, 2-3 min.
- Season with **salt** and **pepper**, to taste.



Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **peppers, zucchini** and **onions**. Cook, stirring often, until tender-crisp, 4-5 min.
- Transfer **veggies** to a plate.



Finish and serve

- Fluff **rice** with a fork. Season with **salt** and stir in **half the green onions**.
- Divide **rice** between bowls, then top with **pepper and pork stir-fry**.
- Sprinkle **remaining green onions** over top.

Dinner Solved!