



# PINEAPPLE PORK CHOPS

with Sugar Snap Peas and Jasmine Rice



## HELLO PINEAPPLE SALSA

Pork goes tropical with this tangy fruit topping.

**PREP: 10 MIN** | **TOTAL: 35 MIN** | **CALORIES: 510**



Shallot



Cilantro



Pork Chops



Sugar Snap Peas



Lime



Jasmine Rice



Honey



Pineapple

## START STRONG

Don't throw out the juice that comes with the pineapple—we'll be using it to add an extra touch of sweetness to the pork.

## BUST OUT

- Small pot
- Strainer
- Medium bowl
- Large pan
- Aluminum foil
- Olive oil (2 tsp | 4 tsp)

## INGREDIENTS

Ingredient 2-person | 4-person

- |                   |               |
|-------------------|---------------|
| • Sugar Snap Peas | 6 oz   12 oz  |
| • Shallot         | 1   1         |
| • Lime            | 1   2         |
| • Cilantro        | ¼ oz   ½ oz   |
| • Pineapple       | 4 oz   8 oz   |
| • Jasmine Rice    | ½ Cup   1 Cup |
| • Pork Chops      | 12 oz   24 oz |
| • Honey           | ½ oz   1 oz   |

## HELLO WINE



PAIR WITH  
Fantaisie Pays d'Oc  
Gewürztraminer, 2016

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## 1 PREP

**Wash and dry all produce.** Bring **1 cup water** and a large pinch of **salt** to a boil in a small pot. Trim any strings or tough ends from **snap peas**. Halve, peel, and mince **shallot**. Halve **lime**. Finely chop **cilantro**. Drain **pineapple**, reserving juice; finely chop fruit.



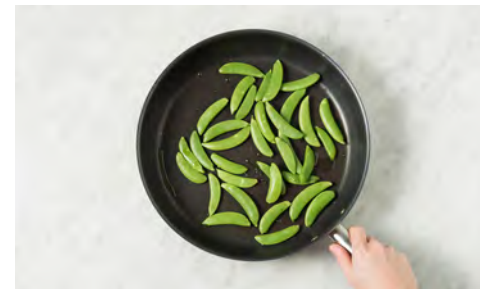
## 4 COOK PORK AND MAKE GLAZE

Heat a drizzle of **olive oil** in a large pan over medium-high heat. Season **pork** all over with **salt** and **pepper**. Add to pan and cook until it almost reaches desired doneness, 4-5 minutes per side. Stir in remaining **shallot**, **honey**, **pineapple juice**, and **2 TBSP water**. Cook until pork is done, another 1-2 minutes. Remove from heat and stir in a squeeze of **lime**.



## 2 COOK RICE

Once water is boiling, add **rice** to pot. Cover, lower heat, and reduce to a gentle simmer. Cook until tender, about 15 minutes. Remove from heat and keep covered until meal is ready.



## 5 COOK SNAP PEAS

Transfer **pork** and **glaze** to a plate; cover with foil to keep warm. Wipe out pan, then heat a drizzle of **olive oil** in it over medium-high heat. Add **snap peas**. Cook, tossing occasionally, until tender but still slightly crisp, 3-5 minutes. Season with **salt** and **pepper**.



## 3 MAKE SALSA

In a medium bowl, toss together **pineapple**, **2 tsp shallot**, half the **cilantro**, and **juice** from one lime half. Season with **salt** and **pepper**.



## 6 FINISH AND PLATE

Fluff **rice** with a fork, then stir in remaining **cilantro** and a squeeze of **lime**. Divide between plates, then top with **snap peas**, **pork**, **glaze**, and **salsa**.

## JAZZ IT UP!

Love the salsa? Make it again with poultry or seafood.

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