



PINEAPPLE PORK RICE BOWLS

with Snow Peas, Carrots, and Thai Basil Rice



HELLO THAI BASIL

Native to Southeast Asia, this herb has a bolder, more peppery flavor than its Italian cousin.

PREP: 5 MIN | **TOTAL: 35 MIN** | **CALORIES: 550**



Scallions



Garlic



Jasmine Rice



Pork Chops



Shredded Carrots



Sesame Oil



Thai Basil



Pineapple



Sesame Seeds



Moo Shu Spice Blend



Snow Peas



Soy Sauce
(Contains: Soy)



Honey

START STRONG

Chop chop! Speed up prep by letting kids help. They can make the seasoning for the pork, stir the sauce, mix the rice, and put everything together on the plate.

BUST OUT

- Strainer
- Small pot
- 2 Small bowls
- Paper towel
- Large pan
- Vegetable oil (4 tsp)
- Sugar (1 tsp)

INGREDIENTS

Ingredient 4-person

- | | |
|-----------------------|----------|
| • Scallions | 2 |
| • Garlic | 2 Cloves |
| • Snow Peas | 8 oz |
| • Pineapple | 8 oz |
| • Jasmine Rice | 1 Cup |
| • Sesame Seeds | 1 TBSP |
| • Moo Shu Spice Blend | 1 TBSP |
| • Pork Chops | 24 oz |
| • Shredded Carrots | 8 oz |
| • Soy Sauce | 3 TBSP |
| • Sesame Oil | 1 TBSP |
| • Honey | ½ oz |
| • Thai Basil | ½ oz |

HELLO WINE



PAIR WITH
Spectroscope Rogue Valley
Pinot Gris, 2017

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 PREP AND START RICE

Wash and dry all produce. Trim, then thinly slice **scallions**, separating greens and whites. Mince **garlic**. Trim any strings or tough ends from **snow peas**. Drain **pineapple**, reserving juice. Heat a drizzle of **oil** in a small pot over medium-high heat. Stir in **rice**, scallion whites, and half the **sesame seeds**. Cook until fragrant, about 30 seconds.



4 COOK VEGGIES

Remove **pork** and **pineapple** from pan and transfer to a plate. (**TIP:** Loosely cover with aluminum foil to keep warm until meal is ready.) Heat another drizzle of **oil** in same pan over medium-high heat. Add **snow peas**, **carrots**, and remaining **moo shu spice**. Cook, tossing, until just tender, about 3 minutes. Stir in **garlic** and **1 TBSP soy sauce** (we'll use more later). Cook 30 seconds, then set aside until meal is ready.



2 SIMMER RICE AND MIX SPICES

Add **1¾ cups water** and a large pinch of **salt** to pot. Cover and bring to a boil, then lower heat and reduce to a gentle simmer. Cook until tender, about 15 minutes. Meanwhile, in a small bowl, combine **2 tsp moo shu spice** (2 packs), a large pinch of salt, and **1 tsp sugar**.



5 WHISK SAUCE AND FLUFF RICE

In another small bowl, whisk together **sesame oil**, **2 TBSP soy sauce** (you'll have some left over), **1 TBSP reserved pineapple juice**, **1 TBSP honey** (we sent more), and **scallion greens**. Pick leaves from **basil** and roughly chop. Fluff **rice** with a fork, then stir in half the chopped basil. Season with **salt** and **pepper**.



3 COOK PORK

Pat **pork** dry with a paper towel. Season all over with **spice mixture**. Heat a large drizzle of **oil** in a large pan over medium-high heat (we used a nonstick pan). Add pork and cook until browned on bottom, about 5 minutes. Flip pork, then add **pineapple** to pan. Cook pork to desired doneness, 4-6 minutes more.



6 PLATE AND SERVE

Divide **rice** between bowls. Slice **pork**, then arrange on top of rice along with **pineapple**, **snow peas**, and **carrots**. Garnish with remaining **sesame seeds** and **basil**. Stir any **juices** released by pork into **sauce**, then drizzle sauce to taste over pork (serve any remaining sauce on the side).

FRESH TALK

What is your favorite fruit?

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