



Saucy Pork Chops with Asparagus and Garlic Rice

Family Friendly

30 minutes



Pork Chops,
boneless



Onion, sliced



Asparagus



Brown Sugar



Cornstarch



Jasmine Rice



Garlic



Vegetarian
Oyster-Soy Sauce



Sesame Seeds



Garlic Salt

HELLO SESAME SEEDS

These little seeds explode with flavour when toasted!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust Out

Baking sheet, medium bowl, measuring spoons, medium pot, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Jasmine Rice	¾ cup	1 ½ cup
Onion, sliced	56 g	113 g
Garlic	6 g	12 g
Asparagus	227 g	454 g
Vegetarian Oyster-Soy Sauce	2 tbsp	4 tbsp
Brown Sugar	1 tbsp	2 tbsp
Sesame Seeds	1 tbsp	1 tbsp
Cornstarch	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
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 our meal kit labels for the most current allergen 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

Peel, then mince or grate **garlic**. Heat a medium pot over medium heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl) then **rice** and **half the garlic**. Cook, stirring often, until fragrant, 1 min. Add 1 ¼ **cups water** (dbl for 4 ppl). Cover and bring to a boil over medium heat. Once boiling, reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



Cook onions

While the pork and asparagus cook, add **onions** and **remaining garlic** to the same pan over medium. Cook, stirring occasionally, until **onions** soften, 3-4 min. While **onions** cook, whisk together **vegetarian oyster- soy sauce**, **cornstarch**, **brown sugar** and ¾ **cup water** (dbl for 4 ppl) in a medium bowl.



Toast sesame seeds

While **rice** cooks, heat a large non-stick pan over medium-high heat. Add the **sesame seeds** to the dry pan. Toast, stirring often, until golden-brown 3-4 min. (**TIP**: Keep your eye on them so they don't burn!) Transfer to a plate.



Make sauce

Add **mixture** from the medium bowl to the pan with the **onions**. Bring to a boil over high, then reduce heat to medium. Cook, stirring often, until the **sauce** thickens slightly, 3-4 min. Remove the pan from heat. Season with **salt** and **pepper**.



Cook pork and asparagus

Trim and discard the bottom 1-inch from **asparagus**. Add **asparagus** to one side of a baking sheet. Drizzle with 1 **tsp oil** (dbl for 4 ppl), then season with **salt** and **pepper**. Pat the **pork** dry with paper towels. Season with **garlic salt** and **pepper**. Heat the same pan over medium-high, then add ½ **tbsp oil** (dbl for 4 ppl). Add **pork** and pan-fry, until golden, 2-3 min. Transfer **pork** to the baking sheet with the **asparagus**. Roast, in the **middle** of the oven, until **asparagus** is tender and **pork** is cooked through, 10-12 min.**



Finish and serve

Fluff **rice** with a fork and season with **salt**. Thinly slice **pork**. Divide **rice** between plates. Top with **pork** and serve **asparagus** alongside. Drizzle **sauce** over **pork** and sprinkle with **sesame seeds**.

Dinner Solved!