



# Saucy Pork Chops with Green Beans and Garlic Rice

Family Friendly 30 Minutes



Pork Chops,  
boneless



Jasmine Rice



Green Beans,  
trimmed



Red Onion,  
sliced



Garlic Puree



Green Onions



Soy Sauce



Hoisin Sauce



Brown Sugar



Sesame Seeds



Cornstarch

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
Green Beans, trimmed	170 g	340 g
Red Onion, sliced	56 g	113 g
Garlic Puree	1 tbsp	2 tbsp
Green Onions	2	4
Soy Sauce	1 tbsp	2 tbsp
Hoisin Sauce	¼ cup	½ cup
Brown Sugar	1 tbsp	2 tbsp
Sesame Seeds	1 tbsp	1 tbsp
Cornstarch	1 tbsp	2 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 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.*

## Contact

Share your photos #HelloFreshLife  
Call or email us | (855) 272-7002  
hello@hellofresh.ca  
HelloFresh.ca



### Cook rice

Heat a medium pot over medium heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **rice** and **half the garlic puree**. 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 until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove pot from heat. Set aside, still covered.



### Cook green beans

While **pork** roasts, thinly slice **green onions**. Heat the same pan over medium. When hot, add **green beans** and 3 **tbsp water** (dbl for 4 ppl). Season with **salt** and **pepper**. Cook, stirring occasionally, until tender-crisp, 4-5 min. Transfer to a plate and cover to keep warm.



### Toast sesame seeds

While **rice** cooks, heat a large non-stick pan over medium-high heat. Add **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 ½ **tbsp oil** (dbl for 4 ppl), then **onions** and **remaining garlic puree** to the same pan. Cook, stirring occasionally, until **onions** soften, 3-4 min. While **onions** cook, whisk together **hoisin sauce**, **soy sauce**, **cornstarch**, **brown sugar** and ¾ **cup water** (dbl for 4 ppl) in a medium bowl. Add **hoisin sauce mixture** to the pan with **onions**. Bring to a boil over high. Once boiling, reduce heat to medium. Cook, stirring often, until **sauce** thickens slightly, 3-4 min. Remove pan from heat. Season with **pepper**.



### Cook pork

Pat **pork** dry with paper towels, then season with **salt** and **pepper**. Heat the same pan over medium-high. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **pork**. Pan-fry until golden, 2-3 min per side. Transfer **pork** to a baking sheet. Roast in the **middle** of the oven until **pork** is cooked through, 10-12 min.\*\*



### Finish and serve

Fluff **rice** with a fork. Stir in **half the green onions** and season with **salt**. Thinly slice **pork**. Divide **rice** between plates. Top with **pork** and **green beans**. Drizzle **sauce** over top. Sprinkle with **sesame seeds** and **remaining green onions**.

## Dinner Solved!