



SWEET SOY-GLAZED PORK

with Roasted Veggies and Rice



HELLO

SWEET SOY GLAZE

Umami-packing soy sauce, sweet honey, and a pinch of mustardy twang

PREP: 15 MIN | TOTAL: 35 MIN | CALORIES: 730

- Red Bell Peppers
- Scallions
- Snow Peas
- Soy Sauce (Contains: Soy)
- Dijon Mustard
- Carrots
- Basmati Rice
- Pork Chops
- Honey
- Chicken Stock Concentrates

START STRONG

Snow peas have a tough string that runs along their side. You can peel it off with your fingers (or let your kids help with this task).

BUST OUT

- Medium pot
- Peeler
- Baking sheet
- Large pan
- Paper towel
- Oil (4 tsp)

INGREDIENTS

Ingredient 4-person

- Red Bell Peppers 2
- Carrots 2
- Scallions 4
- Basmati Rice 1½ Cups
- Snow Peas 16 oz
- Pork Chops 24 oz
- Soy Sauce 3 TBSP
- Honey 2 oz
- Dijon Mustard 2 tsp
- Chicken Stock Concentrates 2

HELLO WINE



PAIR WITH

Tengo Yecla
Monastrell, 2016

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1 PREHEAT AND PREP

Wash and dry all produce. Preheat oven to 425 degrees. Bring **2¾ cups water** and a pinch of **salt** to a boil in a medium pot. Core and seed **bell peppers**, then thinly slice. Peel **carrots**, then slice into thin rounds. Cut white and light green parts of **scallions** into 2-inch pieces. Set scallion greens aside.



4 SIMMER GLAZE

While pork and veggies roast, stir together **soy sauce, honey, mustard, stock concentrates**, and **½ cup water** in pan you cooked pork in over medium heat. Bring to a simmer, then let bubble until reduced by about half, 4-5 minutes.



2 COOK RICE AND VEGGIES

Once water is boiling, add **rice** to pot. Cover and reduce to a simmer. Cook until tender, 15-20 minutes. Remove from heat and keep covered. Meanwhile, toss **carrots, bell peppers, snow peas**, and **scallion pieces** with a large drizzle of **oil** and a pinch of **salt** and **pepper** on a baking sheet. Roast in oven until tender, 15-20 minutes.



5 SLICE SCALLION GREENS

Meanwhile, thinly slice **scallion greens**. **TIP:** Scallions can bruise if cut too aggressively. Try to slice them with a front-to-back motion (rather than chopping up and down) with your sharpest knife.



3 COOK PORK

Heat a large drizzle of **oil** in a large pan over medium-high heat. Pat **pork** dry with a paper towel and season all over with **salt** and **pepper**. Add to pan and cook until nicely browned, 2-3 minutes per side. Transfer to baking sheet with veggies. Roast in oven until cooked through, 4-5 minutes. Let rest 5 minutes after removing from oven.



6 PLATE AND SERVE

Divide **rice** between plates and top with **veggies** and **pork**. Drizzle with **glaze**. Garnish with **scallion greens** and serve.

FRESH TALK

If you could open a restaurant, what would be on the menu?

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