



PINEAPPLE PORK CHOPS

with Snap Peas and Jasmine Rice



HELLO PINEAPPLE SALSA

Pork chops go tropical with this tangy topping

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 580



Sugar Snap Peas



Lime



Pineapple



Pork Chops



Shallot



Cilantro



Jasmine Rice



Honey

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
- Plate
- 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 ¼ oz |
| • Pineapple | 1 Pack 2 Packs |
| • Jasmine Rice | ½ Cup 1 Cup |
| • Pork Chops | 12 oz 24 oz |
| • Honey | 2 tsp 4 tsp |

HELLO WINE



PAIR WITH
Trilus California
Chardonnay, 2015

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



1 PREP INGREDIENTS

Wash and dry all produce. Bring $\frac{3}{4}$ cup water and a large pinch of salt to a boil in a small pot. Trim any tough ends from **snap peas**. Peel, halve, and mince **shallot**. Cut **lime** in half. Finely chop **cilantro**. Drain **pineapple**, reserving juice, and finely chop flesh.



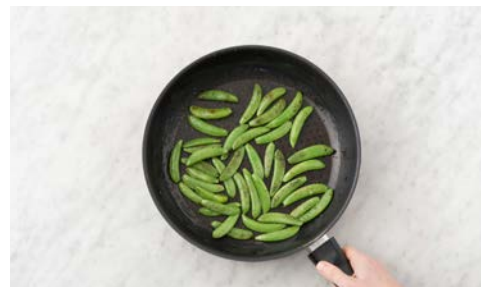
4 COOK PORK

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 simmer. Cook until tender, 15-20 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, combine **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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