



INGREDIENTS

2 PERSON | 4 PERSON



1 Clove | 2 Cloves
Garlic



½ Cup | 1 Cup
Jasmine Rice



12 oz | 24 oz
Pork Chops**



1 TBSP | 2 TBSP
Sweet and Smoky
BBQ Seasoning



1 | 1
Lemon



6 oz | 12 oz
Green Beans



1 | 2
Peach Jam



1 | 2
Chicken Stock
Concentrate

** In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.



HelloCustom

2 PERSON | 4 PERSON

If you chose a different protein or veggie when placing your order, follow the [HelloCustom](#) instructions on the flip side of this card to learn how to modify your meal.



10 oz | 20 oz
Chicken Cutlets**

Calories: 620

PEACHY KEEN BBQ-RUBBED PORK CHOPS

with Lemony Green Beans & Garlic Rice



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 690



HELLO FRESH

HELLO

PEACH JAM

Sweet, tart, and lush, this fruity spread stars in a tantalizing pan sauce for pork chops.

SO SAUCY

If the peach jam doesn't immediately dissolve when you add it to the pan in step 5, break up any clumps into smaller pieces or use a whisk. Eventually, they'll melt into a sweet and sticky sauce.

BUST OUT

- Zester
- Small pot
- Baking sheet
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (**2 tsp | 2 tsp**)
- Olive oil (**1 tsp | 1 tsp**)
- Butter (**2 TBSP | 4 TBSP**)
Contains: Milk

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* Pork is fully cooked when internal temperature reaches 145°.
** Chicken is fully cooked when internal temperature reaches 165°.



1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Peel and mince **garlic**. Zest and quarter **lemon**.



4 COOK PORK

- Meanwhile, pat **pork*** dry with paper towels. Season all over with **BBQ Seasoning**, **salt**, and **pepper**.
- Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add pork and cook until browned and cooked through, 4-6 minutes per side. (**Lower heat if pork begins to brown too quickly.**)
- Turn off heat; transfer pork to a plate. Wipe out pan.

Simply cook through this step as instructed, swapping in **chicken*** for pork; cook until browned and cooked through, 3-5 minutes per side.



2 COOK RICE

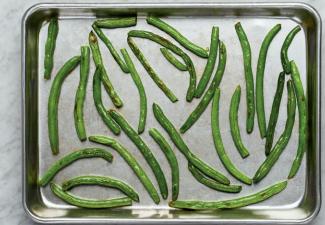
- Heat a **drizzle of oil** in a small pot over medium-high heat. Add **garlic**; cook, stirring, until fragrant, 30 seconds.
- Stir in **rice**, **¾ cup water** (**1½ cups for 4 servings**), and a **pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



5 MAKE SAUCE

- Return same pan to medium-high heat. Stir in **jam**, **stock concentrate**, **¼ cup water** (**½ cup for 4 servings**), and **juice from half the lemon**. Bring to a simmer and cook, stirring occasionally, until thickened, 3-4 minutes.
- Turn off heat; stir in **1 TBSP butter** (**2 TBSP for 4**) until melted. Season with **salt** and **pepper**.
- Return **pork** to pan and turn a few times to coat.

Swap in **chicken** for pork.



3 ROAST GREEN BEANS

- While rice cooks, trim **green beans** if necessary. Toss on a baking sheet with a **drizzle of olive oil**, **salt**, and **pepper**.
- Roast on top rack until browned and tender, 12-15 minutes.



6 FINISH & SERVE

- Fluff **rice** with a fork; stir in **1 TBSP butter** (**2 TBSP for 4 servings**) and season with **salt** and **pepper**. Toss **green beans** with **lemon zest**.
- Divide rice, green beans, and **pork** between plates. Spoon any **remaining sauce** from pan over pork. Serve with **remaining lemon wedges** on the side.