

Seared Pork & Sweet Chili Glaze

with White Rice & Sautéed Vegetables

2 SERVINGS

⌚ 30-40 MINS



 **Blue Apron**
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 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an ) and instructions tailored to you.*

Ingredients


Customized ingredients

 2 Boneless, Center-Cut Pork Chops 


SWAPPED FOR:

 2 Skin-On Salmon Fillets 

 2 Scallions

 1 Tbsp Sesame Oil

 ½ cup Long Grain White Rice


 ½ lb Broccoli


 1 Tbsp Soy Sauce

 1 Tbsp Rice Vinegar

 6 oz Carrots

 2 cloves Garlic

 3 Tbsps Sweet Chili Sauce

 1 tsp Black & White Sesame Seeds



Serve with Blue Apron wine that has this symbol
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*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients & make the glaze

- Wash and dry the fresh produce.
- Peel the **carrots**; thinly slice on an angle.
- Cut off and discard the bottom ½ inch of the **broccoli** stem; cut the broccoli into small florets.
- Peel and roughly chop **2 cloves of garlic**.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- In a bowl, whisk together the **soy sauce, sweet chili sauce, vinegar, and 2 tablespoons of water**.



2 Cook the rice

- In a small pot, combine the **rice, a big pinch of salt, and 1 cup of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.



3 Cook the vegetables

- Meanwhile, in a large pan (nonstick, if you have one), heat the **sesame oil** on medium-high until hot.
- Add the **sliced carrots and broccoli florets**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned.
- Add ⅓ **cup of water** (carefully, as the liquid may splatter). Cook, stirring occasionally, 2 to 3 minutes, or until the vegetables are softened and the water has cooked off.



Step 3 continued:

- Add the **chopped garlic** and **sliced white bottoms of the scallions** (if the pan seems dry, add a drizzle of olive oil). Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Transfer to a bowl; taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Wipe out the pan.

4 Cook the pork & serve your dish

- Pat the **pork** dry with paper towels; season with salt and pepper on both sides.
- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **seasoned pork**. Cook 4 to 6 minutes. Flip and cook 4 minutes, or until browned.
- Add the **glaze** (carefully, as the liquid may splatter). Cook, frequently spooning the glaze over the pork, 1 to 2 minutes for medium (the center may still be slightly pink), or until cooked to your desired degree of doneness.*
- Transfer to a cutting board and let rest at least 5 minutes. Once rested, slice crosswise.
- Serve the **cooked rice** topped with the **cooked vegetables** and **sliced pork** (including any glaze from the pan). Garnish with the **sliced green tops of the scallions** and **sesame seeds**. Enjoy!



↺ CUSTOMIZED STEP 4 If you chose Salmon

- Pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- In the same pan, heat **2 teaspoons of olive oil** on medium until hot.
- Add the **seasoned fish**, skin side up. Loosely cover the pan with foil and cook 3 to 5 minutes, or until lightly browned. Flip and cook 2 minutes.
- Add the **glaze** (carefully, as the liquid may splatter). Cook, frequently spooning the glaze over the fish, 1 to 2 minutes, or until coated and cooked through.* Turn off the heat.
- Serve the **cooked rice** topped with the **cooked vegetables** and **cooked fish** (including any glaze from the pan). Garnish with the **sliced green tops of the scallions** and **sesame seeds**. Enjoy!

*The USDA recommends a minimum safe cooking temperature of 145°F for pork and fish.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: blog.blueapron.com/foodsafety

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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