



**HELLO
FRESH**

Miso Peach 2x Pork Chops

with Ginger-Lime Rice & Green Beans

Protein Smart

Preparation time : 30 min.



Peach Jam



Green Beans



Jasmine Rice



Miso Sauce

Concentrate



Lime



Garlic



Ginger



Pork Chops



Cooking Oil



Butter



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-US/recipes/miso-peach-2x-pork-chops-227>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

No special utensils

Ingredients for 1-6 people

Ingredient	2p	3p	4p	6p
Peach Jam (unit)	1	1½	2	3
Green Beans (ounce)	8	12	16	24
Jasmine Rice (cup)	½	¾	1	1½
Miso Sauce Concentrate (unit)	1	1½	2	3
Lime (unit)	1	¾	1	2
Garlic (clove)	1	1½	2	3
Ginger (thumb)	1	1½	2	3
Pork Chops (ounce)	20	30	40	60
Cooking Oil (teaspoon (tsp))	4	3	4	8
Butter (tablespoon (tbsp))	2	3	4	6

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Calories	870 kcal
Fat	42 g
Saturated Fat	14 g
Carbohydrate	64 g
Sugar	15 g
Dietary Fiber	4 g
Protein	59 g
Cholesterol	200 mg
Sodium	990 mg

Allergens

Soy, Milk

Always check the product labels for allergen information.



Prep

- Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry produce.**
- Peel and mince **ginger**. Peel and mince **garlic**. Zest and quarter **lime**.



Cook Rice

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



Cook Pork

- Pat **pork*** dry with paper towels and season all over with **salt** and **pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add pork and cook until browned and cooked through, 4-6 minutes per side.
- Turn off heat; transfer pork to a plate. Wipe out pan.



Roast Green Beans

- While pork cooks, trim **green beans** if necessary. Toss on a baking sheet with a **drizzle of oil**, **salt**, and **pepper**.
- Roast on top rack until browned and tender, 10-12 minutes.



Make Sauce

- Return pan used for pork to medium heat. Add a **drizzle of oil**, **garlic**, and **remaining ginger**. Cook, stirring, until fragrant, 30 seconds.
- Add **¾ cup water** (**½ cup** for 4 servings), **jam**, and **miso sauce concentrate**. Cook, stirring, until thickened, 3-4 minutes.
- Remove pan from heat and stir in **2 TBSP butter** (**4 TBSP** for 4) until melted. Stir in a **squeeze of lime juice** to taste.



Finish & Serve

- Fluff **rice** with a fork; stir in **lime zest** and a **pinch of salt** if necessary.
- Divide rice, **pork**, and **green beans** between plates. Drizzle pork with **sauce** and serve with any **remaining lime wedges** on the side.

Enjoy your meal!