



Pineapple and Pork Katsu

WITH LUAU-STYLE RICE

Meal Kit



Prep & Cook Time

30-40 MIN

Cook Within

6 DAYS

You Will Need

Olive Oil, Salt
Small Pot, 2 Mixing Bowls, 2
Large Non-Stick Pans

Ingredients

1 Green Bell Pepper
.75 cup Jasmine Rice
2 Green Onions
3 oz. Pineapple Chunks
2 fl. oz. Sweet and Sour Sauce
2 Garlic Cloves
.406 fl. oz. Soy Sauce
.8 oz. Bacon Bits
½ cup Panko Breadcrumbs
Customize It Options
12 oz. Boneless Pork Chops
12 oz. Antibiotic-Free Boneless
Skinless Chicken Breasts

Difficulty Level

EXPERT

Spice Level

NOT SPICY

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

View nutritional information at www.homechef.com/20032

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, sesame, and shellfish ingredients.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

Before You Cook

All cook times are approximate based on testing.

- If using any fresh produce, thoroughly rinse and pat dry
- Ingredient(s) used more than once: **green onions**

Customize It Instructions

- If using **chicken breasts**, follow same instructions as pork in Steps 3 and 4, flipping every 1-2 minutes until chicken reaches minimum internal temperature, 5-7 minutes.



1. Start the Rice

- Bring a small pot with **rice** and 1½ cups **water** to a boil.
- Once boiling, reduce to a simmer, cover, and cook until rice is tender, 15-18 minutes.
- Remove from burner. Transfer rice to a mixing bowl. Refrigerate until cool, 15-20 minutes.
- While rice cooks and cools, continue recipe.



2. Prepare the Ingredients

- Remove stem, seeds, and ribs, and cut **green bell pepper** into ½” dice.
- Mince **pineapple**.
- Trim and thinly slice **green onions** on an angle, keeping white and green portions separate.
- Mince **garlic**.
- In another mixing bowl, combine pineapple and **sweet and sour sauce**. Set aside.



3. Prepare the Pork

- Pat **pork** dry.
- Cover pork with plastic wrap and use a heavy object to pound to an even ¼” thickness.
- Remove plastic. Season both sides with ¼ tsp. **salt**.
- Place **panko** on a plate in an even layer. Transfer pork to plate with panko and flip until coated on both sides, pressing gently to adhere.



4. Cook the Pork

- Place a large non-stick pan over medium heat and add 2 Tbsp. **olive oil**. Let oil heat, 3 minutes.
- While oil heats, line a plate with a paper towel.
- After 3 minutes, lay **pork** away from you in hot oil and flip every 1-2 minutes until golden-brown and pork reaches a minimum internal temperature of 145 degrees, 6-8 minutes.
- Remove from burner. Transfer pork to paper towel-lined plate and season with a pinch of **salt**.



5. Finish Rice and Finish Dish

- Place another large non-stick pan over medium heat and add 1 tsp. **olive oil**.
- Add **white portions of green onions, bell peppers, and garlic** to hot pan. Stir occasionally until beginning to soften, 3-4 minutes.
- Add **bacon** and stir to combine. Remove **rice** from refrigerator.
- Add cooled rice, **soy sauce**, and ¼ tsp. **salt**. Stir often until rice is heated through and vegetables are tender, 3-4 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, topping rice with **pork** and garnishing with **pineapple-sweet and sour sauce** and **green portions of green onions**. Bon appétit!