



HOME CHEF

# Teriyaki-Glazed Pork Chop

With Stir-Fried Red Bell Pepper, Red Cabbage, Carrot, and Broccoli



If you love teriyaki as much as we do, get ready for this fabulous dish. You'll whip up a mean honey teriyaki glaze to cover the Asian-spiced pork chop. The dish is served over a bed of shredded cabbage, red peppers, carrots, and broccoli for a low-carb but high-flavor meal.

## OVERVIEW



TIME TO PREPARE



EASY RECIPE



DAYS BEST COOKED BY

## NUTRITION

Calories: 518  
Carbohydrates: 26g  
Fat: 28g  
Protein: 47g  
Sodium: 1920mg  
*per serving*

## DIETARY



LOW CALORIE



LOW CARB



DAIRY-FREE



GLUTEN-FREE



NUT-FREE

## DRINK PAIRING

Asian flavors go really well with a white wine (like a dry Riesling), a crisp Japanese beer, or a bottle of warm sake.

## INGREDIENTS

2 Boneless Pork Chops  
1 Red Bell Pepper  
1 ½ tsp. Asian Spice Blend  
1 tsp. Sesame Oil  
2 oz. Soy Sauce, Gluten-Free  
1 oz. Mirin  
½ oz. Honey  
6 oz. Broccoli  
4 oz. Shredded Carrot  
6 oz. Shredded Red Cabbage  
1 tsp. Sesame Seeds,  
Multicolor

## WHAT YOU NEED

Olive Oil  
Salt  
Pepper

## EQUIPMENT

Medium Non-Stick Pan  
Mixing Bowl

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## Prepare the Ingredients and Season the Chops

Thoroughly rinse produce and pat dry. Stem, core, and slice **red bell pepper** into thin strips. Rinse **pork chops** and pat dry. Rub pork chops with **half the Asian spice blend** and a pinch of **salt and pepper**, making sure spices dissolve into meat (reserve remaining Asian spice blend for making glaze).



## Cook the Chops

Heat 2 tsp. **olive oil** in a medium non-stick pan over medium heat. Add **chops** and cook 4-6 minutes per side, turning occasionally, or until a minimum internal temperature of 145 degrees is reached. Keep heat moderate as to not blacken seasoning on chops. Occasional turning and careful temperature control are keys to success. Transfer chops to a plate and set aside. Return pan to medium heat (no need to wipe clean).



## Make the Teriyaki Glaze

Add **sesame oil, remaining Asian spice blend, soy sauce, mirin, honey**, and 2 Tbsp. **water** to pan. Cook until thickened to the consistency of syrup, about 2-3 minutes. Transfer to small bowl and reserve. Wipe pan clean. *Fun fact: it's thought that teriyaki sauce was actually invented in Hawaii by early Japanese immigrants.*



## Cook the Broccoli

Return pan to medium high heat. Add 1 tsp. **olive oil**, 2 Tbsp. **water**, and **broccoli** and cook until water evaporates and broccoli is tender, about 4-6 minutes. Season with a pinch of **salt and pepper**.



## Cook Peppers, Carrots, and Cabbage

Keeping pan over medium-high heat, add 1 tsp. **olive oil**, **peppers, carrots**, and **cabbage** to the broccoli. Cook until crisp tender, about 2-3 minutes. Season with a pinch of **salt and pepper** and toss with 2 Tbsp. **teriyaki glaze** (reserving any remaining for plating). Set aside.



## Plate the Dish

Place **stir-fried vegetables** on a plate. Top with a **pork chop** and coat with **teriyaki glaze**. Drizzle additional glaze over vegetables and garnish with **sesame seeds**.