

# Huli Huli Pineapple Pork Chop

WITH LIME BROCCOLI AND RICE

Express



**Prep & Cook Time**

20-30 MIN

**Cook Within**

4 DAYS

**You Will Need**

Olive Oil, Salt, Pepper, Microwave-Safe Bowl, 2 Large Non-Stick Pans

**Ingredients**

- 16 oz. Cooked White Rice
- 4 fl. oz. Sweet & Thick Soy Sauce (GF)
- 2 oz. Pineapple Chunks
- 1 tsp. Garlic Salt
- .6 oz. Butter
- 1 tsp. Garlic Pepper
- 12 oz. Broccoli Florets
- 1 Lime

**Difficulty Level**

EASY

**Spice Level**

NOT SPICY

**Customize It Options**

- 24 oz. Boneless Pork Chops
- 20 oz. Beef Top Round Steaks
- 20 oz. Boneless Skinless Chicken Breast Cutlet
- 18 oz. Salmon

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Your opinion matters!



**Minimum Internal Protein Temperature**

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

Rest steak or pork after cooking, 3 minutes.

View nutritional information at [www.homechef.com/37874](http://www.homechef.com/37874)

\*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, sesame, wheat, egg, soy, milk, fish, 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.

- Wash hands thoroughly with soap and warm water before cooking and after handling raw meat or seafood
- Remove all produce from any packaging or constraints, then thoroughly rinse and pat dry
- Ingredient(s) used more than once: **garlic salt, butter, lime**

## Customize It Instructions

- If using **top round steak**, pat dry. Cook until steak reaches desired doneness, or 3-5 minutes per side for medium/medium-well. Rest, 3 minutes. *Steak thickness can vary; if you receive a thinner steak, we recommend checking for doneness sooner.*
- If using **chicken cutlets**, pat dry. Cook until chicken reaches minimum internal temperature, 3-5 minutes per side. *Cutlet thickness can vary; if you receive a thinner cutlet, we recommend checking for doneness sooner.*
- If using **salmon**, pat dry. Add salmon, skin-side up first, and cook until salmon reaches minimum internal temperature, 3-5 minutes per side.



## 1. Prepare the Ingredients

- Break **broccoli** into bite-sized pieces using hands.
- Zest and halve **lime**. Cut one half into wedges and juice the other half.
- Drain and coarsely chop **pineapples**.
- Pat **pork chops** dry and season both sides with **garlic pepper** and half the **garlic salt** (reserve remaining for broccoli).



## 2. Cook the Pork Chops

- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add **pork chops** to hot pan and cook until golden-brown and pork reaches a minimum internal temperature of 145 degrees, 3-5 minutes per side.
- *Pork thickness can vary; if you receive a thinner chop, we recommend checking for doneness sooner.*
- Remove from burner. Transfer to a plate and tent with foil. Rest, 3 minutes.
- Reserve pan; no need to wipe clean.
- While pork cooks, continue recipe.



## 3. Cook the Broccoli

- Place another large non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add **broccoli**, remaining **garlic salt**, a pinch of **pepper**, and ¼ cup **water** to hot pan. Cover and cook until water is almost completely evaporated, 4-6 minutes.
- Uncover and stir occasionally until broccoli is tender, 2-3 minutes.
- Add half the **butter** (reserve remaining for sauce), 1 tsp. **lime zest**, and 1 tsp. **lime juice**. Stir until combined, 30-60 seconds.
- Remove from burner.



## 4. Make Sauce, Heat Rice, and Finish Dish

- Return pan used to cook pork chops to medium heat. Add **pineapples** to hot pan and stir occasionally until lightly browned, 1-3 minutes.
- Remove from burner. Stir in **soy sauce** and remaining **butter** until melted and combined.
- While sauce cooks, carefully massage **rice** in bag to break up any clumps. Remove rice from packaging.
- Combine rice, 2 tsp. **olive oil**, and a pinch of **salt** and **pepper** in a microwave-safe bowl.
- Microwave uncovered until heated through, 3-4 minutes.
- Carefully remove from microwave. Rest, 2 minutes.
- Fluff rice with a fork.
- Plate dish as pictured on front of card, topping **pork chop** with sauce. Squeeze **lime wedges** over broccoli to taste. Bon appétit!