



Hong Kong-Style Baked Pork Chop Rice

with Tomatoes, Pineapple & Fontina



40-50min



2 Servings

This bubbly, golden dish is a staple of Hong Kong restaurants. Tender, marinated pork chops are seared then cut up and tossed with a simple egg fried rice. Atop, a tangy, sweet, savory tomato sauce that gets extra flavor from onion and pineapple. Pile everything into a baking dish then finish with a sprinkle of fontina before baking until the cheese is melted and all of those delicious flavors have melded.

What we send

- 12 oz pkg ribeye pork chop
- 3 (¼ oz) cornstarch
- ½ oz tamari soy sauce ⁶
- 1 yellow onion
- garlic
- 4 oz fresh pineapple
- 10 oz ready to heat jasmine rice
- 6 oz grape tomatoes
- 6 oz tomato paste
- 1 pkt chicken broth concentrate
- 1½ oz pkt Worcestershire ⁴
- 2 (2 oz) shredded fontina ⁷

What you need

- 3 large eggs ³
- kosher salt & ground pepper
- sugar
- neutral oil
- unsalted butter ⁷
- all-purpose flour (or gluten-free alternative)
- ketchup

Tools

- medium nonstick skillet
- small (7"x4") baking dish

Cooking tip

If your nonstick skillet is ovenproof, layer the rice and pork, tomato-pineapple mixture, sauce, and cheese right in the skillet and bake.

Allergens

Egg (3), Fish (4), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1370kcal, Fat 78g, Carbs 97g, Protein 69g



1. Prep ingredients

Preheat oven to 425°F with rack in the center. Pat **pork** dry; pound to ½-inch thickness. In a medium bowl, whisk **cornstarch**, **1 large egg**, **1½ teaspoons tamari**, **1 teaspoon salt**, and **½ teaspoon sugar**. Add pork and coat; set aside.

Cut **half of the onion** (save rest for own use) into ¼-inch thick wedges. Finely chop **1 large garlic clove**. Cut **pineapple** into ½-inch pieces.



4. Stir-fry tomatoes

Transfer **pork** to a cutting board for 5 minutes then cut into 1-inch pieces; lay over **fried rice** in baking dish.

Heat **1 tablespoon oil** in same skillet over high; add **tomatoes**. Cook, stirring occasionally, until blistered and softened, 2-3 minutes. Add **onions**, **pineapple**, and **garlic**. Cook until onions are crisp-tender and pineapple is lightly browned, 1-2 minutes.



2. Scamble eggs

Separate **2 large eggs**. Transfer **rice** to a medium bowl; use your fingers to break up large clumps of rice. Stir **egg yolks** into rice with a fork until rice is evenly coated.

In a medium nonstick skillet, heat **1 teaspoon oil** over high. Add **egg whites** and cook, stirring constantly, until scrambled, about 1 minute. Add **1 tablespoon oil** and **rice** to skillet.



5. Begin sauce

Layer **tomato-pineapple mixture** over **pork** in baking dish.

Lower heat to medium and melt **2 tablespoons butter**. Add **2 tablespoons flour** and cook, whisking constantly, for 1 minute. Add **3 tablespoons tomato paste** and **2 tablespoons ketchup**; cook for 1 minute. Stir in **broth concentrate**, **remaining tamari**, **1½ teaspoons sugar**, **1 teaspoon Worcestershire**, and **¾ cup water**.



3. Cook rice & pork

Cook **rice**, stirring and pressing frequently, until grains are loose and separated, 3-4 minutes. Season to taste with **salt**; transfer to a small baking dish (see cooking tip).

Wipe skillet clean; heat **2 tablespoons oil** over medium-high heat. Lift **pork** from marinade, letting excess run off; add to skillet. Cook until browned on both sides, 2-3 minutes per side.



6. Assemble & bake

Bring **sauce** to a boil then simmer on medium heat, whisking occasionally, until smooth and thickened, 2-3 minutes; season to taste with **salt** and **pepper**.

Layer **sauce** over **tomato-pineapple mixture** in baking dish. Top with **cheese**. Bake on center rack until cheese is bubbling and browned in spots, 15-20 minutes. Rest for 5 minutes. Enjoy!