

DFI

Approx.  
Cook Time:  
2 hrs

## Nutrition Facts

**Serving size** 1 meal (369g)

1 Serving: Pork Chops 1 chop (198.5g), Broccoli 1 cup (70.9g), Jasmine Rice 1/3 cup (56.7g), Teriyaki 2 tbsp (28.4g), Sesame Oil 1/2 tbsp (7.1g), Sesame Seeds 1/2 tbsp (7.1g)

**Amount per serving**

**Calories** 570

	% Daily Value*
<b>Total Fat</b> 19g	24%
Saturated Fat 3g	15%
Trans Fat 0g	0%
<b>Cholesterol</b> 125mg	42%
<b>Sodium</b> 1110mg	48%
<b>Total Carbohydrate</b> 48g	17%
Dietary Fiber 4g	14%
Total Sugars 8g	0%
Includes 7g Added Sugars	14%

**Protein** 48g

Vit. D 0mcg 0% • Calcium 130mg 10%  
Iron 3.3mg 20% • Potas. 1090mg 25%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness. Due to the long sous vide cook time some temperature settings are below the FDA recommended temperatures. Please use caution when cooking below the FDA recommended temperatures.







## Teriyaki Pork Chops

with Broccoli and Jasmine Rice

**Ingredients:** Pork, Canola Oil, Salt, Pepper, Broccoli, Jasmine Rice, Teriyaki Sauce (Soy Sauce [Water, Wheat, Soybeans, Salt], Sugar, Water, Modified Food Starch, Onion Juice, Vinegar, Natural Flavor, Garlic Powder, Malic Acid, Spice, Disodium Inosinate, Disodium Guanylate, Sodium Benzoate Less Than 1/10 Of 1% As A Preservative), Sesame Oil (White Sesame Seeds), Sesame Seeds.

**ALLERGENS:** Milk, Wheat, Almond.

### Collect the following:

	2 servings (pcs)	4 servings (pcs)
 Pork Chops	2	4
 Broccoli	1	2
 Jasmine Rice	1	2
 Teriyaki	2	4
 Sesame Oil	1	2
 Sesame Seeds	1	2



Questions? Email [help@suvie.com](mailto:help@suvie.com)

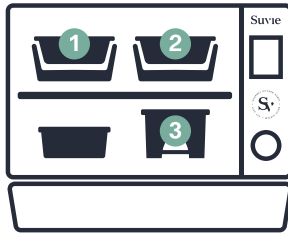
# Teriyaki Pork Chops

with Broccoli and Jasmine Rice

Hold this corner  
to logo on Suvie



Collect from your pantry:  
vegetable oil, salt, pepper



## 1. Vegetables: Broccoli

Open package & pour into Suvie pan. Place pan in **upper left** cooking zone.

## 2. Protein: Pork Chops

**Don't cut open packages!** Place in Suvie pan and fully cover with water. Place in **upper right** cooking zone.

## 3. Starch: Jasmine Rice

Pour into strainer. **Do not add water.** Place in bottom **right cooking zone** with **FRONT** facing outwards. **Don't forget to add salt!**

## 4. Sauce: Teriyaki Glaze

If using from frozen, thaw before use. Keep in fridge during the cook.

## 5. Garnishes: Sesame Oil, Sesame Seeds

## 6. Scan this card

Hold **the corner of this card** to the logo on Suvie until scanned.



## 7. Set Suvie

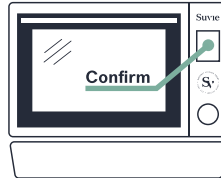
- **Don't forget to fill the reservoir** to the fill line indicated
- Choose **Cook Now, Refrigerate, or Schedule** on the screen.
- You can also **customize** the cook times to your liking!
- Wait until cook is done before proceeding to the steps below.



8. Carefully remove pan (**it will be hot!**) with **pork chops** from Suvie & drain water. Remove **pork chops** from packaging & discard liquid.



9. Season **broccoli** with **vegetable oil, salt, and pepper** to taste. Return pan to Suvie.



10. Confirm broil times on Suvie screen. Close Suvie door & select **"Start Broil."**



11. Pat pork chops dry with a paper towel and heat a skillet over high heat.



12. Add **1 tbsp vegetable oil** to the skillet. Sear pork chops for 1-2 minutes per side, flipping every 30 seconds until browned.



13. Remove from heat and immediately add the **teriyaki glaze**. Swirl to coat with the sauce and serve immediately.



14. Divide the rice between plates and top with the roasted broccoli and pork chops. Garnish with **sesame seeds**. **Enjoy!**