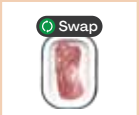




Smart Lime Pork Chops

with Guacamole-Ranch Sauce

Smart Meal 20 Minutes



Pork Tenderloin
340 g | 680 g

Customized Protein + Add Swap or *2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Pork Chops, boneless
340 g | 680 g



Lime
1 | 2



Guacamole
3 tbsp | 6 tbsp



Mini Cucumber
2 | 4



Ranch Dressing
2 tbsp | 4 tbsp



Spring Mix
113 g | 227 g



Croutons
56 g | 112 g



Tomato
1 | 2



Apricot Spread
2 tbsp | 4 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Oil, salt, pepper

Cooking utensils | Baking sheet, large bowl, large non-stick pan, measuring spoons, medium bowl, paper towels, parchment paper, silicone brush, whisk, zester

1



Marinate pork chops

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

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- Zest, then juice **lime**.
- Pat **pork** dry with paper towels. Add **pork**, **half the lime zest** and **½ tbsp** (1 tbsp) **oil** to a medium bowl. Season with **salt** and **pepper**, then toss to coat. Set aside.

2



Prep

- Cut **cucumbers** into ¼-inch rounds.
- Cut **tomato** into ¼-inch pieces.

3



Cook pork

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **pork**. Pan-fry until golden, 2-3 min per side, then transfer **pork** to a parchment paper-lined baking sheet.
- Brush **apricot spread** over **pork chops**.
- Roast in the **middle** of the oven until cooked through, 6-8 min.**

4



Make dressing

- Add **lime juice**, **ranch** and **guacamole** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.

5



Toss salad

- When the **pork chops** are almost done, add **spring mix**, **tomatoes**, **cucumbers** and **croutons** to the large bowl with **dressing**.
- Toss to combine.

6



Finish and serve

- Thinly slice **pork**.
- Divide **salad** between plates. Top with **pork**.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

1 | Marinate pork

[Swap](#) | [Pork Tenderloin](#)

If you've opted to get **pork tenderloin**, prep and sear it in the same way the recipe instructs you to prep and sear the **pork chops**. Increase sear time to 6-8 min, then increase the roast time to 14-18 min.

** Cook to a minimum internal temperature of 71°C/160°F, as size may vary.