



Cal Smart Moroccan-Inspired Pork Chops with Jewelled Couscous and Fig Sauce

Smart Meal

30 Minutes



Pork Tenderloin
340 g | 680 g



Tofu
1 | 2

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



Couscous
½ cup | 1 cup



Sweet Bell Pepper
1 | 2



Red Onion
1 | 2



Baby Spinach
56 g | 113 g



Almonds, sliced
28 g | 56 g



White Cooking Wine
4 tbsp | 8 tbsp



Fig Spread
2 tbsp | 4 tbsp



Moroccan Spice Blend
½ tsp | 1 tsp



Garlic Salt
½ tsp | 1 tsp

You have been entered for a chance to win **1 OF 25 FREE VIDA BBQS!**

Keep ordering from the summer menu throughout June to get more chances to win. Every order of a summer menu recipe gets you an entry into the contest.



No Purchase Necessary. Mail-in essay permitted as an alternate form of entry. This contest ("Contest") is sponsored and operated by GDE Grocery Delivery E-Services Canada Inc. ("HelloFresh"). Contest open to individuals legally resident in British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, New Brunswick, Prince Edward Island, Nova Scotia, and Newfoundland and Labrador who are the legal age of majority or older in the province of residence at time of entry. Contest begins June 5, 2024 at 9:00 a.m. EST and ends on June 30, 2024 at 11:59 p.m. EST. Skill-testing question required. Odds of winning depends on number of eligible entries. No set number of prizes has been allocated to any particular province or region. Limit six entries per person per week. If entering via eligible purchase, only marked summer recipes are eligible. 25 Prizes: each a Vida by PMS2-INO Essence Series 4-burner Propane Gas BBQ Grill (approx. retail value of \$245.99 CAD). Canadian Tire is not a sponsor, co-sponsor, or administrator of the contest. Full contest rules and details are accessible at [hellofresh.ca/freshsummer](https://www.hellofresh.ca/freshsummer).

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 | Pepper, oil, salt

Cooking utensils | Baking sheet, large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, small bowl

1



Prep

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

Swap | Tofu

- Roughly chop **spinach**.
- Peel, then cut **onion** into ¼-inch pieces.
- Core, then cut **pepper** into ¼-inch pieces.
- Pat **pork** dry with paper towels. Season with **half the Moroccan Spice Blend** (use all for 4 ppl), **salt** and **pepper**.

4



Cook veggies

- Meanwhile, reheat the same pan (from step 2) over medium.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **peppers** and **onions**.
- Cook, stirring occasionally, until tender-crisp, 3-4 min. Season with **salt** and **pepper**.
- Transfer **veggies** to a plate, then cover to keep warm.
- Carefully wipe the pan clean.

2



Sear and roast pork chops

Swap | Pork Tenderloin

Swap | Tofu

- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **pork**. Pan-fry until golden, 2-3 min per side.
- Remove from heat, then transfer **pork** to an unlined baking sheet.
- Roast in the **middle** of the oven until cooked through, 8-12 min.**
- When done, transfer **pork** to a plate to rest, 3-5 min.

5



Make fig sauce

- Reheat the same pan over medium.
- When hot, add **cooking wine**, **fig spread** and **2 tbsp** (4 **tbsp**) **water**. Bring to a simmer.
- Cook, until **sauce** reduces slightly, 2-3 min.
- Remove from heat.
- Stir any **pork resting juices** from the plate into **sauce**. Transfer **sauce** to a small bowl.

3



Prep and cook couscous

- Meanwhile, add ⅔ **cup** (1 ⅓ **cups**) **water** and ½ **tsp** **garlic salt** (use all for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, remove from heat, then add **couscous**. Stir to combine.
- Add **spinach** to the pot, then cover and let stand, 5 min.
- When **couscous** is tender, fluff with a fork.

6



Finish and serve

- Swap | Tofu
- Add **almonds**, **peppers** and **onions** to the pot with **couscous**. Season with **salt** and **pepper**, then stir to combine.
- Thinly slice **pork**.
- Divide **jewelled couscous** between plates. Top with **pork**.
- Spoon **fig sauce** over top.

Measurements within steps

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

1 | Prep

Swap | Tofu

If you've opted to get **tofu**, pat dry with paper towels. Cut **tofu** in half parallel to the cutting board. (**NOTE:** You will have two square tofu steaks per block.) Using a fork, poke **tofu** all over. Combine **half the Moroccan Spice Blend** (use all for 4 ppl), **salt**, **pepper** and **1 **tbsp**** (2 **tbsp**) **oil** in a medium bowl. Add **tofu**, then toss to coat.

2 | Cook tofu

Swap | Tofu

Heat a large non-stick pan over medium heat. When hot add **1 **tbsp**** (2 **tbsp**) **oil**, then **tofu**. Pan fry until golden, 2-3 min per side. Transfer **tofu** to a plate. Cover to keep warm. No need to bake the **tofu** after pan-frying.

2 | Sear and roast pork tenderloin

Swap | Pork Tenderloin

If you've opted to get **pork tenderloin**, sear it in the same way the recipe instructs you to sear the **pork chops**. Increase sear time to 6-8 min, then arrange on an unlined baking sheet. Bake in the **middle** of the oven until cooked through, 14-18 min.**

6 | Finish and serve

Swap | Tofu

Thinly slice **tofu**. Plate **tofu** in the same way the recipe instructs you to plate the **pork chops**.

** Cook to a minimum internal temperature of 71°C/160°F.