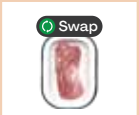




Cal Smart Pork with Savoury Caper Sauce and Spinach-Wild Rice Pilaf

Smart Meal

35 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](http://www.hellofresh.ca)



Pork Chops, boneless
340 g | 680 g



Wild Rice Medley
1/2 cup | 1 cup



Brussels Sprouts
227 g | 454 g



Carrot
1 | 2



Yellow Onion
1 | 2



Baby Spinach
28 g | 56 g



Cream Sauce Spice Blend
1 tbsp | 2 tbsp



Zesty Garlic Blend
1 tbsp | 2 tbsp



Capers
30 g | 60 g



Chicken Stock Powder
1 tbsp | 2 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 | Butter, oil, salt, pepper

Cooking utensils | Aluminum foil, 2 baking sheets, measuring cups, measuring spoons, medium non-stick pan, medium pot, paper towels, vegetable peeler

1



Cook rice

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

- Stir together **stock powder**, **wild rice medley**, **1 cup** (2 cups) **water** and **1/8 tsp** (1/4 tsp) **salt** in a medium pot. Bring to a boil over high heat.
- Once boiling, reduce heat to medium-low. Cover and cook until **rice** is tender and liquid is absorbed, 20-24 min. Remove the pot from heat. Set aside, still covered.

2



Prep and roast veggies

- Halve **Brussels sprouts** (if larger, quarter them, if desired).
- Peel, then slice **carrot** into 1/4-inch rounds.
- Peel and cut **half the onion** into 1/2-inch slices. Cut **remaining onion** into 1/4-inch pieces.
- Add **Brussels sprouts**, **carrots**, **sliced onions**, **half the Zesty Garlic Blend**, **1 tbsp** (2 tbsp) **oil** and **2 tbsp** (4 tbsp) **water** to an unlined baking sheet. Season with **salt** and **pepper**. Toss to coat.
- Roast in the **bottom** of the oven, stirring halfway, until tender and golden, 20-24 min.

3



Finish prep

- Roughly chop **spinach**.
- Drain **capers**.

4



Cook pork

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- Heat a medium non-stick pan over medium-high heat (use large pan for 4 ppl).
- While pan heats, pat **pork** dry with paper towel. Season with **remaining Zesty Garlic Blend**, **salt** and **pepper**.
- When hot, add 1/2 **tbsp** (1 tbsp) **oil**, then **pork**. Pan-fry until golden, 1-2 min per side.
- Transfer **pork** to a parchment-lined baking sheet. Roast in the top of the oven until cooked through, 8-12 min.**

5



Make caper sauce

- When **pork** and **veggies** are almost done, reheat the same pan over medium-low.
- Add **capers**, **remaining onions** and **1 tsp** (2 tsp) **butter**. (**TIP**: Add half the capers if you prefer a less briney sauce!) Cook, stirring often, until **onions** begin to soften, 1-2 min.
- Sprinkle over **Cream Sauce Spice Blend** and stir to coat.
- Slowly add 1/2 **cup** (1 cup) **water** and 1/8 **tsp** (1/4 tsp) **sugar**. Cook, stirring often, until lightly thickened, 1-2 min.

6



Finish and serve

- Fluff **rice** with a fork. Add **spinach**. Stir until wilted, 30 sec.
- Thinly slice **pork**.
- Divide **rice**, **veggies** and **pork** between plates.
- Spoon **caper sauce** over **pork**.

Measurements
within steps

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

4 | Cook pork

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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 increase the roast time to 14-18 min.**

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