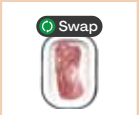




Smart Succulent Pork Chops

with Fresh Cucumber and Tomato Relish

Smart Meal 20 Minutes



Pork Tenderloin
340g | 680g

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



Baby Heirloom Tomatoes
113 g | 227 g



Mini Cucumber
1 | 2



Parsley
7 g | 14 g



White Wine Vinegar
1 tbsp | 2 tbsp



Shallot
1 | 2



Mediterranean Spice Blend
1 tbsp | 2 tbsp



Feta Cheese, crumbled
½ cup | ¼ cup

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 | Large bowl, measuring cups, measuring spoons, medium pot, paper towels, large non-stick pan

1



Cook couscous

- Before starting, wash and dry all produce.

- Peel, then mince the **shallot**.
- Add $\frac{2}{3}$ **cup** (1 $\frac{1}{3}$ cups) **water**, $\frac{1}{8}$ **tsp** ($\frac{1}{4}$ tsp) **salt**, $\frac{1}{2}$ **tbsp** (1 tbsp) **oil** and **half the shallots** to a medium pot.
- Cover and bring to a boil over high heat. Once boiling, remove from heat, then add **couscous**.
- Stir to combine. Cover and let stand for 5 min.

2



Prep

- Meanwhile, cut **cucumber** into $\frac{1}{4}$ -inch pieces.
- Quarter **tomatoes**.
- Roughly chop **parsley**.

3



Cook pork

Swap | [Pork Tenderloin](#)

- Pat **pork** dry with paper towels.
- Season with **salt** and **Mediterranean Spice Blend**.
- Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **pork**. Pan-fry until golden-brown and cooked through, 6-8 min per side.**

4



Make relish

- Add **tomatoes**, **cucumbers**, **parsley**, **vinegar** and $\frac{1}{2}$ **tbsp** (1 tbsp) **oil** to a large bowl.
- Season with **salt** and **pepper**, then toss to combine.

5



Finish and serve

- Fluff **couscous** with a fork. Stir in **half the feta** and season with **pepper**.
- Thinly slice **pork**.
- Divide **couscous** between bowls. Top with **pork**, **cucumber relish** and **remaining feta**.

Measurements
within steps

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

3 | Cook pork

Swap | [Pork Tenderloin](#)

If you've opted to get **pork tenderloin**, cut into $1\frac{1}{2}$ -inch medallions. Season and cook it in the same way the recipe instructs you to season and cook the **pork chops**.

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