

HELLO Smart Fig-Maple Roasted Pork Chops with Veggie Jumble

Smart Meal

30 Minutes





Customized Protein Add







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 🦫









boneless 340 g | 680 g







Broccoli 227 g | 454 g







Garlic Salt 34 tsp | 1 1/2 tsp

2 tbsp | 4 tbsp







Maple Syrup 2 tbsp | 4 tbsp

Dijon Mustard 1/2 tbsp | 1 tbsp



Chicken Broth Concentrate 1 2



Allengens 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. Cooking utensils | Baking sheet, large non-stick pan, measuring cups, measuring spoons, parchment paper, vegetable peeler, paper towels



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Peel, then cut **onion** into 1-inch pieces, then finely chop 1 tbsp (2 tbsp) onion.
- Cut **broccoli** into bite-sized pieces.
- Peel, then cut carrots into 1/2-inch half moons.



Roast veggies

- Add 1-inch onion pieces, carrots, broccoli, ½ tsp (1 tsp) garlic salt and ½ tbsp (1 tbsp) **oil** to a parchment-lined baking sheet.
- Roast veggies in the middle of the oven until beginning to soften, 8-10 min. (NOTE: Veggies will finish cooking in step 3!)



Cook pork chops

🗘 Swap | Pork Tenderloin 🕽

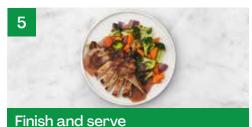
O Swap | Tofu

- Meanwhile, pat **pork** dry with paper towels, then season with 1/4 tsp (1/2 tsp) garlic salt and **pepper**.
- Heat a large non-stick pan over medium-high heat. When hot, add 1/2 tbsp (1 tbsp) oil, then **pork**. Pan-fry until golden, 3-4 min per side.
- Flip veggies, then top with pork chops. Roast in the **middle** of the oven until **pork** is cooked through and veggies are tender, 8-10 min.**



Make fig-maple sauce

- Meanwhile, add 1 tbsp butter (2 tbsp) to the same pan. Heat over medium, swirling the pan until melted, 1 min.
- Add reserved chopped onion. Cook, stirring occasionally, until softened, 2-3 min. Season with salt.
- · Add fig spread, maple syrup, Dijon, broth concentrate and ¼ cup (½ cup) water. Cook, stirring often, until sauce thickens slightly, 3-4 min.
- Remove the pan from heat.



- Thinly slice pork chops.
- Divide veggies between plates, then top with pork.
- Drizzle fig-maple sauce over top.

within steps

Measurements

1 tbsp 2 person

oil

3 | Cook pork tenderloin

Swap | Pork Tenderloin

If you've opted to get **pork tenderloin**, prep **pork** in the same way as the pork chops. Heat a large non-stick pan over medium-high heat. Add **1 tbsp** (2 tbsp) oil, then pork. Sear, turning occasionally, until golden-brown, 6-8 min. Transfer **pork** to a parchment-lined baking sheet. Roast **pork** in the **bottom** of the oven until cooked through, 14-16 min.**

3 | Cook tofu

O 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. Season and cook **tofu** in the same way the recipe instructs you to season and cook the **pork chops**, reducing the sear time to 2-3 min per side. No need to roast in the oven.