



Smart Fig-Maple Roasted Pork Chops with Veggie Jumble

Smart Meal 30 Minutes

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 Tenderloin
340 g | 680 g

Tofu
1 | 2



Pork Chops, boneless
340 g | 680 g



Red Onion
1 | 2



Broccoli
227 g | 454 g



Carrot
2 | 4



Garlic Salt
3/4 tsp | 1 1/2 tsp



Fig Spread
2 tbsp | 4 tbsp



Maple Syrup
2 tbsp | 4 tbsp



Dijon Mustard
1/2 tbsp | 1 tbsp



Chicken Broth Concentrate
1 | 2

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.

Ingredient quantities	56 g	113 g
	2 person	4 person

Pantry items | Oil, butter, salt, pepper

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

1



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 ½-inch half moons.

4



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.

2



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!)

5



Finish and serve

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

3



Cook pork chops

Swap | [Pork Tenderloin](#)

Swap | [Tofu](#)

- Meanwhile, pat **pork** dry with paper towels, then season with **¼ tsp** (½ tsp) **garlic salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat. When hot, add **½ 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.**

Measurements
within steps

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

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

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.

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