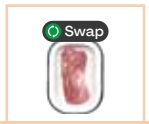




Smart Summery Salad with Pork and DIY BBQ-Ranch Dressing

Smart Meal

25 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](https://www.hellofresh.ca)



Pork Chops,
boneless
340 g | 680 g



Spring Mix
113 g | 226 g



Stone Fruit
1 | 2



Gala Apple
1 | 2



Mini Cucumber
1 | 2



Crispy Shallots
28 g | 56 g



Feta Cheese,
crumbled
1/4 cup | 1/2 cup



Ranch Dressing
2 tbsp | 4 tbsp



BBQ Seasoning
1 tbsp | 2 tbsp



Whole Grain
Mustard
1 tbsp | 2 tbsp



Honey
1/2 | 1

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 | 2x baking sheet, large bowl, large non-stick pan, measuring spoons, paper towels, silicone brush, 2x small bowl

1



Sear pork

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

🔄 Swap | **Pork Tenderloin**

- Pat **pork** dry with paper towels, then season with **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, 2-3 min per side, then transfer **pork** to an unlined baking sheet.

2



Roast pork

- Combine **1 tbsp** (2 **tbsp**) **oil** and **half the BBQ Seasoning** in a small bowl.
- Brush **oil-spice mixture** on **pork**.
- Roast in the **middle** of the oven until cooked through, 8-12 min.**
- When done, transfer **pork** to a cutting board to rest, 3-4 min.

3



Prep

- Meanwhile, cut four sections off **stone fruit**, avoiding the pit. Cut **each section** into ¼-inch slices.
- Core, then cut **apple** into ¼-inch slices.
- Thinly slice **cucumber**.

4



Make dressing

- Combine **ranch**, **mustard**, **half the honey** (use all for 4 ppl), **remaining BBQ Seasoning** and **1 tbsp** (2 **tbsp**) **water** in another small bowl, then stir to combine.

5



Make salad

- Add **spring mix**, **apples**, **stone fruit**, **cucumbers** and ½ **tbsp** (1 **tbsp**) **oil** to a large bowl. Season with **salt** and **pepper**, then toss to coat.

6



Finish and serve

- Thinly slice **pork**.
- Divide **salad** between plates, then top with **pork**.
- Drizzle **salad dressing** over top.
- Sprinkle with **feta cheese** and **crispy shallots**.

Measurements
within steps

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

1 | Sear pork

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

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