



Smart Vietnamese-Style Marinated Pork Chops with Fresh Salad and Crispy Shallots

Smart Meal

Spicy

25 Minutes



Pork Tenderloin
340 g | 680 g

Tofu
1 | 2

Customized Protein **+** Add **↻** Swap or **x2** 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



Lemongrass
1 | 2



Soy Sauce
1 tbsp | 2 tbsp



Garlic Puree
½ tbsp | 1 tbsp



Spring Mix
113 g | 227 g



Mini Cucumber
1 | 2



Tomato
1 | 2



Sweet Chili Sauce
2 tbsp | 4 tbsp



Seasoned Rice Vinegar
1 tbsp | 2 tbsp



Crispy Shallots
14 g | 28 g



Mint
7 g | 14 g

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, large non-stick pan, measuring spoons, medium bowl, paper towels, plastic wrap, rolling pin, whisk

1



Make marinade

• Before starting, wash and dry all produce.

- Remove and discard outer layer of **lemongrass**, then halve lengthwise. Place cut-side down on a cutting board.
- Using the back of a spoon or a pot, forcefully hit **lemongrass** to crush. Chop very finely.
- Add **lemongrass**, $\frac{1}{2}$ **tbsp** (1 **tbsp**) **garlic puree** and **soy sauce** to a medium bowl, then whisk to combine.

4



Cook pork chops

🔄 Swap | Tofu

- Heat a large non-stick pan over medium heat.
- When the pan is hot, add $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil**, then **pork**.
- Pan-fry until golden-brown and cooked through, 3-6 min per side.**

2



Prep pork chops

🔄 Swap | Pork Tenderloin

🔄 Swap | Tofu

- Pat **pork chops** dry with paper towels.
- Place **each chop** on a cutting board and cover with plastic wrap.
- Using a rolling pin or heavy-bottomed pan, pound **each chop** until $\frac{1}{2}$ -inch thick.
- Season with **salt** and **pepper**, then add to the bowl with **marinade**.

5



Finish and serve

🔄 Swap | Tofu

- Slice **pork chops**.
- Add **tomatoes**, **cucumbers** and **spring mix** to the large bowl with **dressing**. Add as much **mint** as desired, then toss to combine.
- Season with **salt** and **pepper**.
- Divide **salad** between bowls. Top with **pork**.
- Sprinkle **half the crispy shallots** (use all for 4 ppl) over top.

3



Prep salad

- Meanwhile, cut **cucumber** into $\frac{1}{4}$ -inch half-moons.
- Cut **tomato** into $\frac{1}{4}$ -inch pieces.
- Roughly chop **mint**.
- Add **half the sweet chili sauce** (use all for 4 ppl), **vinegar** and $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil** to a large bowl. Whisk to combine.
- Set aside.

Measurements
within steps

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

2 | Prep pork

🔄 Swap | Pork Tenderloin

If you've opted to get **pork tenderloin**, pat **tenderloin** dry with paper towels. Cut into into 4 (8) equal pieces. Place **each piece** on a cutting board and cover with plastic wrap. Using a rolling pin or heavy-bottomed pan, pound until $\frac{1}{2}$ -inch thick. Season with **salt** and **pepper**, then add to the bowl with **marinade**. Cook the same way as the **pork chops**.

2 | Prep tofu

🔄 Swap | Tofu

If you've opted to get **tofu**, pat **tofu** 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 with **salt** and **pepper**, then add to the bowl with **marinade**.

4 | Cook tofu

🔄 Swap | Tofu

When the pan is hot, add **1 tbsp** (2 **tbps**) **oil**, then **tofu**. Pan-fry until golden-brown, 3-6 min per side.

5 | Finish and serve

🔄 Swap | Tofu

Slice **tofu** and serve in the same way as the **pork chops**.

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