

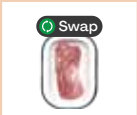


# Smart Lemony Pork Chops

## with Raisin-Studded Couscous

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](http://visit.hellofresh.ca)



Pork Chops, boneless  
340 g | 680 g



Couscous  
½ cup | 1 cup



Sultana Raisins  
28 g | 56 g



Lemon  
1 | 2



Panko Breadcrumbs  
⅓ cup | ⅔ cup



Vegetable Broth Concentrate  
1 | 2



Broccoli  
227 g | 454 g



Apricot Spread  
2 tbsp | 4 tbsp

**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** | Unsalted butter, oil, salt, pepper

**Cooking utensils** | 2 baking sheets, large bowl, large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, silicone brush, small bowl, zester

1



## Prep

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

- Zest, then juice **half the lemon**.
- Cut **remaining lemon** into **wedges**. Cut **broccoli** into bite-sized pieces.
- Add **panko** and **½ tbsp** (1 tbsp) **oil** to a small bowl. Stir to coat. Set aside.
- Pat **pork** dry with paper towels. Add **pork**, **half the lemon zest**, **½ tbsp** (1 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then then toss to coat. Set aside.

2



## Roast broccoli

- Add **broccoli** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven until golden-brown, 14-16 min.

3



## Cook pork

🔄 Swap | **Pork Tenderloin**

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **pork**. Pan-fry until golden, 2-3 min per side, then transfer **pork** to another unlined baking sheet.
- Brush **apricot spread** over **pork chops**, then evenly sprinkle **panko** over top.
- Roast in the **middle** of the oven until cooked through, 6-8 min.\*\*

4



## Cook couscous

- Add **¾ cup** (1 ½ cups) **water**, **raisins**, **remaining lemon zest**, **lemon juice**, **½ tsp** (¼ tsp) **salt** and **broth concentrate** 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.

5



## Finish and serve

- Add **1 tbsp** (2 tbsp) **butter** to **couscous**. Season with **salt** and fluff with a fork.
- Divide **couscous**, **pork** and **broccoli** between plates. Squeeze a **lemon wedge** over top, if desired.

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**, 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.