



# Grilled Turkish-Inspired Pork Chops

## with Grilled Veggie Tabbouleh and Lemon-Feta Sauce

Family Friendly

Grill

25-35 Minutes



Pork Tenderloin  
340g | 680g

Pork Chops, boneless  
680g | 1360g

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  
340g | 680g



Bulgur Wheat  
½ cup | 1 cup



Sweet Bell Pepper  
1 | 2



Parsley  
7g | 14g



Red Onion  
1 | 2



Chicken Broth Concentrate  
1 | 2



Lemon  
1 | 2



Feta Cheese, crumbled  
¼ cup | ½ cup



Turkish Spice Blend  
1 tbsp | 2 tbsp



Mayonnaise  
2 tbsp | 4 tbsp



Zucchini  
1 | 2



Mixed Olives  
30g | 60g

**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** | Salt, oil, pepper, butter

**Cooking utensils** | Large bowl, measuring cups, measuring spoons, medium bowl, medium pot, paper towels, small bowl, zester

1



### Cook bulgur

- Before starting, wash and dry all produce.
  - Lightly oil the grill.
  - While you prep, preheat the grill over medium-high heat (approx. 500°F).
- Add **broth concentrate**,  $\frac{2}{3}$  **cup** (1 cup) **water** and  $\frac{1}{2}$  **tsp** (1 tsp) **salt** to a medium pot.
  - Cover and bring to a boil over high heat. Once boiling, add **bulgur**. Stir to combine, then cover and remove the pot from heat.
  - Let stand until **bulgur** is tender and **liquid** is absorbed, 15-16 min.
  - Stir in **1 tbsp** (2 tbsp) **butter**, then fluff with a fork.

2



### Start prep

- Drain, then roughly chop **olives**.
- Roughly chop **parsley**.
- Zest, then juice **lemon**.
- Add **lemon zest**, **mayo**, **half the feta** and  $\frac{1}{2}$  **tbsp** (1 tbsp) **lemon juice** to a small bowl, then stir to combine. Set aside.

3



### Finish prep

- 🔄 **Swap** | **Pork Tenderloin**
  - ✖2 **Double** | **Pork Chops, boneless**
- Halve **zucchini** lengthwise.
  - Halve **pepper**, then core.
  - Peel, then quarter **onion**, leaving the root intact.
  - Add **veggies**, **1 tbsp** (2 tbsp) **oil** and **half the Turkish Spice Blend** to a medium bowl. Season with **salt** and **pepper**, then toss to combine. Set aside.
  - Pat **pork** dry with paper towels. Season both sides with **salt**, **pepper** and **remaining Turkish Spice Blend**. Rub with  $\frac{1}{2}$  **tbsp** (1 tbsp) **oil**.

4



### Grill pork and veggies

- Add **veggies** to one side of the grill. Close lid and grill, flipping once, until **veggies** are tender-crisp, 9-12 min.
- Meanwhile, add **pork** to the other side of the grill. Cook, flipping halfway through, until **pork** is cooked through, 8-10 min.\*\*
- Transfer **pork** to a plate, then cover to keep warm.
- Transfer **veggies** back to the medium bowl.

5



### Finish tabbouleh

- Remove root and outer layer from **onion quarters**, then cut **onion**, **zucchini** and **pepper** into  $\frac{1}{2}$ -inch pieces.
- Add **bulgur**, **zucchini**, **onions**, **peppers**, **remaining lemon juice**, **olives**, **remaining feta**, **parsley** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, to taste, then toss to combine.

6



### Finish and serve

- Thinly slice **pork**.
- Divide **tabbouleh** between plates.
- Top with **grilled pork**.
- Dollop **lemon-feta sauce** over top.

Measurements  
within steps

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

### 3 | Finish prep

🔄 **Swap** | **Pork Tenderloin**

If you've opted to get **pork tenderloin**, season in the same way the recipe instructs you to season the **pork chops**. Increase grill time to 10-14 min.

### 3 | Finish prep

✖2 **Double** | **Pork Chop, boneless**

If you've opted for **double pork**, prep and cook it in the same way the recipe instructs you to prep cook the **regular portion of pork**. Work in batches, if necessary.

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