



# Harissa-Honey Pork Chops

## with Herby Couscous Pilaf and Creamy Lemon Sauce

Spicy

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)



 *2 Double	 Swap
Pork Chops, boneless 680 g   1360 g	Tofu 1   2
 Pork Chops, boneless 340 g   680 g	 Couscous ½ cup   1 cup
 Sweet Bell Pepper 1   2	 Lemon 1   1
 Baby Spinach 28 g   56 g	 Mint 7 g   7 g
 Sultana Raisins 28 g   56 g	 Almonds, sliced 28 g   56 g
 Creamy Dressing 43 ml   86 ml	 Chicken Broth Concentrate 1   2
 Harissa Spice Blend 1 tbsp   2 tbsp	 Honey ½   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** | Salt, pepper, oil, unsalted butter

**Cooking utensils** | Baking sheet, large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot, paper towels, parchment paper, silicone brush, 2 small bowls, whisk, zester

1



### Cook couscous

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Add  $\frac{3}{4}$  cup (1  $\frac{1}{2}$  cups) **water**, **1 tbsp** (2 tbsp) **butter** and **broth concentrate** to a medium pot.
- Cover and bring to a boil over high heat.
- Once boiling, remove the pot from heat, then add **couscous**. Stir to combine.
- Cover and let stand, 5 min.
- When **couscous** is tender, fluff with a fork.

4



### Cook peppers

- Add  $\frac{1}{2}$  **tbsp** (1 **tbsp**) **oil** to the same pan, then **peppers**.
- Cook, stirring often, until tender-crisp, 3-4 min. Season with **salt** and **pepper**.
- Remove from heat.
- Transfer **peppers** to the plate with **toasted almonds**.

2



### Prep

- Meanwhile, core, then cut **pepper** into  $\frac{1}{4}$ -inch pieces.
- Pick **mint leaves** from **stems**, then roughly chop.
- Zest, then juice **lemon**.
- Roughly chop **spinach**.
- Melt **1 tbsp** (2 **tbsp**) **butter** in a small microwavable bowl or a small pan over low heat. Add **Harissa Spice Blend** and **half the honey** (use all for 4 ppl). Whisk to combine. (**NOTE**: This is for your pork chops.)

5



### Sear and roast pork

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

**Swap** | **Tofu**

- Reheat the same pan over medium-high.
- Meanwhile, pat **pork** dry with paper towels. Season with **salt** and **pepper**.
- When the pan is hot, add **1 tbsp** (2 **tbsp**) **oil**, then **pork**. Pan-fry until golden, 2-3 min per side. (**NOTE**: Cook in 2 batches for 4 ppl.)
- Transfer to a parchment-lined baking sheet. Using a silicone brush, brush **harissa-honey mixture** all over **pork chops**.
- Roast in the **middle** of the oven until cooked through, 8-12 min.\*\*
- Transfer **pork** to a cutting board to rest, 3-5 min.

3



### Toast almonds

- Heat a large non-stick pan over medium heat.
- When hot, add **almonds** to the dry pan.
- Toast, stirring often, until golden, 4-5 min. (**TIP**: Keep your eye on them so they don't burn.)
- Transfer **toasted almonds** to a plate.

6



### Finish and serve

**Swap** | **Tofu**

- Meanwhile, add **couscous**, **raisins**, **spinach**, **peppers**, **almonds**, **mint** and  $\frac{1}{2}$  **tbsp** (1 **tbsp**) **lemon juice** to a medium bowl. Stir to combine.
- Add **creamy dressing**,  $\frac{1}{4}$  **tsp** ( $\frac{1}{2}$  **tsp**) **lemon zest** and  $\frac{1}{2}$  **tbsp** (1 **tbsp**) **lemon juice** to another small bowl.
- Season with **salt** and **pepper**, then whisk to combine.
- Thinly slice **pork**.
- Divide **couscous** between plates. Top with **pork**.
- Drizzle **creamy lemon sauce** over top.

**Measurements within steps**

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

### 5 | Sear and roast pork

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

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

### 5 | Sear and roast 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 **tofu** in the same way the recipe instructs you to season the **pork chops**. Sear and roast **tofu** in the same way the recipe instructs you to sear and roast the **pork chops**, reducing the roast range to 6-8 min, until **tofu** is tender and golden.

### 6 | Finish and serve

**Swap** | **Tofu**

Plate **tofu** in the same way the recipe instructs you to plate the **pork chops**.

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