

HELLO Smart Maple-Mustard Pork Chops with Posted Chicknes Salad

with Roasted Chickpea Salad

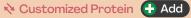
Smart Meal

30 Minutes



Pork Chops, boneless 680 g | 1360 g









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 🎥









340 g | 680 g





Arugula and Spinach Mix



113 g | 226 g

1 | 2



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



2 tbsp | 4 tbsp



White Wine



Vinegar 1 tbsp | 2 tbsp

Whole Grain Mustard 1 tbsp | 2 tbsp







1tsp | 2tsp

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.



Cooking utensils | 2 baking sheets, large non-stick pan, measuring spoons, medium bowl, paper towels, large bowl, whisk



Roast chickpeas

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Drain and rinse **half the chickpeas** (use all for 4 ppl), then pat dry with paper towels.
- Combine chickpeas and 1 tbsp (2 tbsp) oil
 in a medium bowl. Season with pepper and
 half the garlic salt, then toss to coat.
- Add **chickpeas** to an unlined baking sheet.
- Roast **chickpeas** in the **top** of the oven, stirring halfway through, until golden-brown and crispy, 22-25 min.



Make dressing

- Meanwhile, add vinegar, half the mustard,
 ½ tbsp (1 tbsp) maple syrup and 1 tbsp
 (2 tbsp) oil to a large bowl.
- Season with salt and pepper, then whisk to combine. Set aside.



Prep and cook pork

2 Double | Pork Chops, boneless

- Pat **pork** dry with paper towels, then season with **pepper** and **remaining garlic salt**.
- 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.
- Roast in the **middle** of the oven until cooked through, 7-10 min.**



Make sauce

- Meanwhile, add broth concentrate, remaining maple syrup, remaining whole grain mustard and ¼ cup (½ cup) water to the same pan over medium-high. Cook, stirring often, until slightly reduced,
 1-3 min. Season with salt and pepper.
- When pork is done roasting, set aside on cutting board to rest, 2-3 min.



Make salad

- Thinly slice cucumber.
- Add cucumbers and arugula and spinach mix to the bowl with dressing (from step 2).
 Toss to coat.



- Thinly slice pork.
- Add any pork resting juices to the sauce.
- Divide pork and salad between plates.
- Spoon sauce over pork.
- Top salad with roasted chickpeas and feta.

Measurements within steps

1 tbsp (2 tbsp)

oil

3 | Prep and cook pork

😢 Double | Pork Chops, boneless

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