



# Smart Maple-Mustard Pork Chops with Roasted Chickpea Salad

Smart Meal

30 Minutes



Pork Chops, boneless  
680 g | 1360 g

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



Chickpeas  
½ | 1



Arugula and Spinach Mix  
113 g | 226 g



Mini Cucumber  
1 | 2



Feta Cheese, crumbled  
¼ cup | ½ cup



Maple Syrup  
2 tbsp | 4 tbsp



White Wine Vinegar  
1 tbsp | 2 tbsp



Whole Grain Mustard  
1 tbsp | 2 tbsp



Chicken Broth Concentrate  
1 | 2



Garlic Salt  
1 tsp | 2 tsp

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

1



### 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.

2



### 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.

3



### 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.\*\*

4



### 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.

5



### Make salad

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

6



### Finish and serve

- 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  
2 person 4 person Ingredient

### 3 | Prep and cook pork

\*2 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.

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