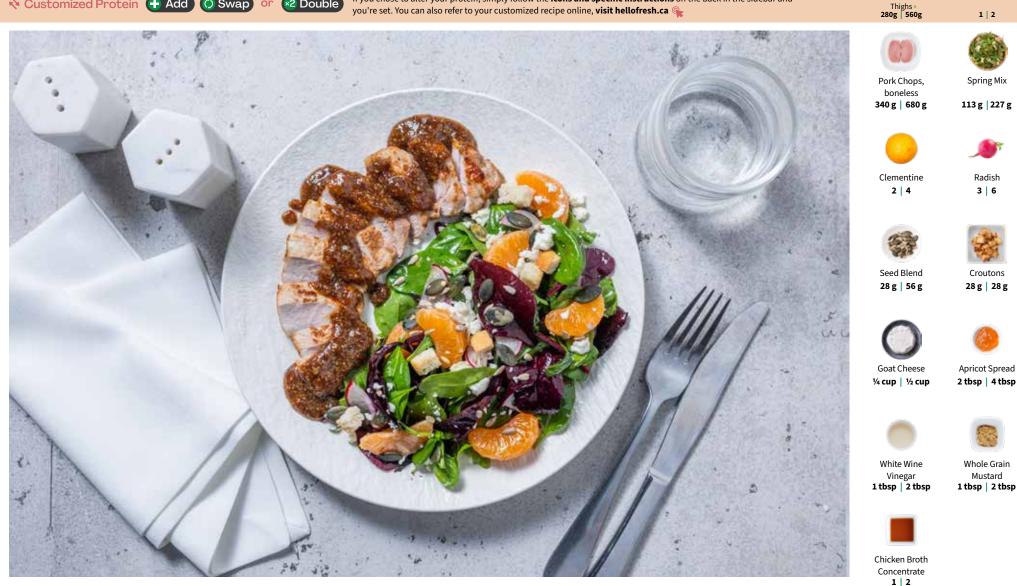


20 Minutes Smart Meal

2 Double 🔁 Customized Protein 🕒 Add 🚫 Swap) or

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 🚱



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.

W43 • EN 1034 • 2034 • 2134

56 g 113 g Ingredient quantities

🔿 Swap

Chicken

🔿 Swar

Tofu

1 2

Pantry items | Oil, pepper, salt

Cooking utensils | Baking sheet, large bowl, large non-stick pan, measuring spoons, paper towels, whisk



Marinate radishes

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Halve **radishes** lengthwise, then cut into thin half-moons.
- Add vinegar, ½ tbsp (1 tbsp) apricot spread and 3 tsp (6 tsp) oil to a large bowl.
 Season with salt and pepper, then whisk to combine.
- Add **radishes**, then toss to coat.



Make sauce

- Reheat the same pan (from step 2) over medium-low.
- When the pan is hot, add broth concentrate, mustard, remaining apricot spread and 2 tbsp (4 tbsp) water.
- Cook, stirring occasionally, until apricot spread melts and sauce thickens slightly, 1-2 min.



Sear pork

🔇 Swap | Chicken Thighs



- Heat a large non-stick pan over medium-high.
- While the pan heats, pat **pork** dry with paper towels, then season with **salt** and **pepper**.
- When the pan is hot, add **1 tsp** (**2 tsp**) **oil**, then **pork**. Pan-fry until golden, 2-3 min per side.
- Remove from heat, then transfer to an unlined baking sheet.



Make salad

- Meanwhile, peel clementines, then separate into segments.
- Add clementines and spring mix to the bowl with marinated radishes. Toss to combine.



• Roast **pork** in the **middle** of the oven until

• When done, transfer to a cutting board

cooked through, 8-12 min.**

Finish and serve

• Thinly slice pork.

Roast pork

🜔 Swap | Tofu 🕽

to rest, 3-4 min.

- Stir any pork resting juices into the sauce.
- Divide salad and pork between plates.
- Spoon apricot-mustard sauce over pork.
- Sprinkle seed blend, croutons and goat cheese over salad.



2 | Sear chicken

🔇 Swap | Chicken Thighs

If you've opted to get **chicken thighs**, cook them in the same way the recipe instructs you to cook the **pork chops**.**

2 | Sear tofu

🜔 Swap | Tofu

If you've opted to get **tofu**, while the pan heats, 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, then season with **salt** and **pepper**. When the pan is hot, add **1 tsp** (2 tsp) **oil**, then **tofu**. Panfry until golden, 2-3 min per side.

3 | Roast tofu

🜔 Swap | Tofu

Roast **tofu** in the **middle** of the oven until tender and golden, 6-8 min. Follow the rest of the recipe as written.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook pork and poultry to minimum internal temperatures of 71°C/160°F and 74°C/165°F, respectively, as size may vary.