

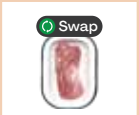


# Smart Roasted Fig-Maple Pork Chops

with Veggie Jumble

Smart Meal

30 Minutes



Pork Tenderloin  
340 g | 680 g

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  
340 g | 680 g



Red Onion  
1 | 2



Carrot  
1 | 2



Garlic Salt  
3/4 tsp | 1 1/2 tsp



Fig Spread  
2 tbsp | 4 tbsp



Maple Syrup  
2 tbsp | 4 tbsp



Dijon Mustard  
1/2 tbsp | 1 tbsp



Chicken Broth Concentrate  
1 | 2



Brussels Sprouts  
170 g | 340 g

**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, butter, salt, pepper

**Cooking utensils** | Baking sheet, large non-stick pan, measuring cups, measuring spoons, parchment paper, vegetable peeler

1



## Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Peel, then cut **onion** into 1-inch pieces, then finely chop **1 tbsp** (2 tbsp) **onion**.
- Halve **Brussels sprouts** (if larger, quarter them).
- Peel, then cut **carrot** into ½-inch half moons.

2



## Roast veggies

Swap | **Pork Tenderloin**

- Add **1-inch onion pieces, carrots, Brussels sprouts, ½ tsp** (1 tsp) **garlic salt** and **½ tbsp** (1 tbsp) **oil** to a parchment-lined baking sheet. Toss to coat.
- Roast **veggies** in the **middle** of the oven until beginning to soften, 8-10 min. (**NOTE:** Veggies will finish cooking in step 3.)

3



## Cook pork chops

Swap | **Pork Tenderloin**

- Meanwhile, pat **pork** dry with paper towels, then season with **¼ tsp** (½ tsp) **garlic salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp** (1 tbsp) **oil**, then **pork**. Pan-fry until golden, 3-4 min per side.
- Flip **veggies**, then top with **pork chops**.
- Roast in the **middle** of the oven until **pork** is cooked through and **veggies** are tender, 8-10 min.\*\*

4



## Make fig-maple sauce

- Meanwhile, add **1 tbsp butter** (2 tbsp) to the same pan. Heat over medium, swirling the pan until melted, 1 min.
- Add **reserved finely chopped onion**. Cook, stirring occasionally, until softened, 2-3 min. Season with **salt**.
- Add **fig spread, maple syrup, Dijon, broth concentrate** and **¼ cup** (½ cup) **water**. Cook, stirring often, until **sauce** thickens slightly, 3-4 min.
- Remove the pan from heat.

5



## Finish and serve

- Thinly slice **pork chops**.
- Divide **veggies** and **pork** between plates.
- Drizzle **fig-maple sauce** over **pork**.

Measurements  
within steps

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

## 2 | Roast veggies

Swap | **Pork Tenderloin**

If you've opted to get **pork tenderloin**, wait to put the **veggies** in the oven until the **tenderloin** is seared.

## 3 | Cook pork tenderloin

Swap | **Pork Tenderloin**

Sear **tenderloin** in the same way the recipe instructs you to sear the **pork chops**. Increase sear time to 6-8 min, then increase the roast time to 14-18-min.\*\*

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