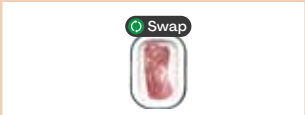




# Cal Smart Moroccan-Inspired Pork Chops

## with Jewelled Couscous and Fig Sauce

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
- Couscous  
½ cup | 1 cup
- Sweet Bell Pepper  
1 | 2
- Red Onion  
1 | 2
- Baby Spinach  
56 g | 113 g
- Almonds, sliced  
28 g | 56 g
- White Cooking Wine  
4 tbsp | 8 tbsp
- Fig Spread  
2 tbsp | 4 tbsp
- Moroccan Spice Blend  
½ tbsp | 1 tbsp
- Garlic Salt  
½ tsp | 1 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.

1



## Prep

- Before starting, preheat oven to 425°F.
- Wash and dry all produce.
- Roughly chop **spinach**.
- Peel, then cut **onion** into ¼-inch pieces.
- Core, then cut **pepper** into ¼-inch pieces.
- Pat **pork** dry with paper towels. Season with **half the Moroccan Spice Blend** (use all for 4 ppl), **salt** and **pepper**.

2



## Sear and roast pork chops

Swap | [Pork Tenderloin](#)

- 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.
- Remove from heat, then transfer **pork** to an unlined baking sheet.
- Roast in the **middle** of the oven until cooked through, 7-10 min.\*\*
- When done, transfer **pork** to a plate to rest, 3-5 min.

3



## Prep and cook couscous

- Meanwhile, add ⅔ **cup** (1 ⅓ **cups**) **water** and ½ **tsp** (1 **tsp**) **garlic salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, remove from heat, then add **couscous**. Stir to combine.
- Add **spinach** to the pot, then cover and let stand, 5 min.
- When **couscous** is tender, fluff with a fork.

4



## Cook veggies

- Meanwhile, reheat the same pan (from step 2) over medium.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **peppers** and **onions**.
- Cook, stirring occasionally, until tender-crisp, 3-4 min. Season with **salt** and **pepper**.
- Transfer **veggies** to a plate, then cover to keep warm.
- Carefully wipe the pan clean.

5



## Make fig sauce

- Reheat the same pan over medium.
- When hot, add **cooking wine**, **fig spread** and **2 tbsp** (4 **tbsp**) **water**. Season with **salt** and **pepper**. Bring to a simmer.
- Cook, until **sauce** reduces slightly, 2-3 min.
- Remove from heat.
- Stir **any pork resting juices** from the plate into **sauce**. Transfer **sauce** to a small bowl.

6



## Finish and serve

- Add **almonds**, **peppers** and **onions** to the pot with **couscous**. Season with **salt** and **pepper**, then stir to combine.
- Thinly slice **pork**.
- Divide **jewelled couscous** between plates. Top with **pork**.
- Spoon **fig sauce** over top.

## 2 | Sear and roast pork tenderloin

Swap | [Pork Tenderloin](#)

If you've opted to get **pork tenderloin**, sear it 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.