

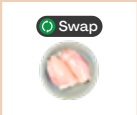


Smart Lime Pork Chops

with Guacamole-Ranch Sauce

Smart Meal

20 Minutes



Chicken Thighs
280 g | 560 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](http://hellofresh.ca)



Pork Chops, boneless
340 g | 680 g



Guacamole
3 tbsp | 6 tbsp



Ranch Dressing
2 tbsp | 4 tbsp



Croutons
56 g | 112 g



Apricot Spread
2 tbsp | 4 tbsp



Lime
1 | 2



Radish
1 | 2



Spring Mix
113 g | 227 g



Tomato
1 | 2

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 | Baking sheet, large bowl, large non-stick pan, measuring spoons, medium bowl, parchment paper, silicone brush, whisk, zester

1



Marinate pork chops

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Swap | Chicken Thighs

- Zest, then juice **lime**.
- Pat **pork** dry with paper towels. Add **pork**, **lime zest** and **½ tbsp** (1 tbsp) **oil** to a medium bowl. Season with **salt** and **pepper**, then toss to coat. Set aside.

2



Prep

- Cut **radish** into ¼-inch rounds.
- Cut **tomato** into ¼-inch pieces.

3



Cook pork

- Heat a large non-stick pan over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **pork**. Pan-fry until golden, 2-3 min per side, then transfer **pork** to a parchment paper-lined baking sheet.
- Brush **apricot spread** over **pork chops**.
- Roast in the **middle** of the oven until cooked through, 6-8 min.**

4



Make dressing

- Add **lime juice**, **ranch dressing** and **guacamole** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.

5



Toss salad

- When the **pork chops** are almost done, add **spring mix**, **tomatoes**, **radishes** and **croutons** to the large bowl with **dressing**.
- Toss to combine.

6



Finish and serve

- Thinly slice **pork**.
- Divide **salad** between plates. Top with **pork**.

Measurements
within steps

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

1 | Marinate chicken thighs

Swap | Chicken Thighs

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

* 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.