



Smart Thai-Inspired Pork

with Spinach, Roasted Veggies and Peanut Sauce

Smart Meal

Spicy

30 Minutes

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://www.hellofresh.ca)

Swap



Chicken Thighs
280g | 560g

Swap



Tofu
1 | 2



Pork Tenderloin
340 g | 680 g



Baby Spinach
113 g | 227 g



Sweet Bell Pepper
1 | 2



Peanut Butter
1 | 2



Soy Sauce
1 tbsp | 2 tbsp



Seasoned Rice Vinegar
1 tbsp | 2 tbsp



Sriracha
1 tsp | 2 tsp



Zucchini
1 | 2



Thai Seasoning
1 tbsp | 2 tbsp



Ginger-Garlic Puree
½ tbsp | 1 tbsp

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 | Salt, pepper, oil

Cooking utensils | 2 Baking sheets, large bowl, large non-stick pan, measuring cups, measuring spoons, paper towels, parchment paper, small bowl, vegetable peeler, whisk

1



Prep

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

• Heat Guide for Step 5:

- Mild: ¼ tsp (½ tsp)
- Medium: ½ tsp (1 tsp)
- Spicy: 1 tsp (2 tsp)

- Core, then cut **pepper** into 1-inch pieces.
- Cut **zucchini** into ½-inch rounds.

2



Cook pork

🔄 Swap | Chicken Thighs

🔄 Swap | Tofu

- Heat a large non-stick pan over medium-high heat.
- Meanwhile, reserve ¼ **tsp** (½ **tsp**) **Thai Seasoning** in a small bowl.
- Pat **pork** dry with paper towels, then cut into 2-inch-thick medallions. Season with **salt**, **pepper** and **remaining Thai Seasoning**.
- When the pan is hot, add **1 tbsp** (2 **tbsp**) **oil**, then **pork**. Sear, turning occasionally, until golden-brown, 1-2 min.
- Transfer **pork** to a parchment-lined baking sheet. Roast in the **top** of the oven until cooked through, 8-10 min.**
- Carefully discard fat from the pan.

3



Roast veggies

- Meanwhile, add **peppers**, **zucchini**, **1 tsp** (2 **tsp**) **soy sauce** and **1 tbsp** (2 **tbsp**) **oil** to another parchment-lined baking sheet.
- Season with **salt** and **pepper**, then toss to combine.
- Roast in the **middle** of the oven, stirring halfway through, until **veggies** are tender, 12-14 min.

4



Make vinaigrette

- Meanwhile, add **vinegar** and **1 ½ tbsp** (3 **tbsp**) **oil** to a large bowl.
- Season with **salt** and **pepper**, then whisk to combine. (**TIP:** Add ¼ **tsp** [½ **tsp**] sugar for a slightly sweeter vinaigrette, if desired.)

5



Make peanut sauce

- Heat the same pan (from step 2) over medium.
- When hot, add **peanut butter**, **remaining soy sauce**, **reserved Thai Seasoning**, ½ **tbsp** (1 **tbsp**) **ginger-garlic puree**, ½ **cup** (¾ **cup**) **water** and **1 tsp** (2 **tsp**) **sriracha**. (**NOTE:** Reference heat guide.)
- Cook, stirring constantly, until **sauce** is smooth and comes to a gentle simmer. (**TIP:** Add ¼ **tsp** [½ **tsp**] sugar, if desired.)

6



Finish and serve

🔄 Swap | Tofu

- Thinly slice **pork**.
- Add **roasted veggies** and **spinach** to the bowl with **vinaigrette**, then toss to combine.
- Divide **salad** between plates, then top with **pork**. Drizzle **peanut sauce** over **pork**.

Measurements
within steps

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

2 | Cook chicken

🔄 Swap | Chicken Thighs

If you've opted to get **chicken thighs**, skip the step to cut into medallions, then cook the **chicken** in the same way the recipe instructs you to cook the **pork****

2 | Cook tofu

🔄 Swap | Tofu

If you've opted to get **tofu**, 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. Season **tofu** in the same way the recipe instructs you to season the **pork**. Sear **tofu** until golden, 1-2 min per side. Transfer to a parchment-lined baking sheet. Roast in the **top** of the oven until golden and tender 6-8 min.

6 | Finish and serve

🔄 Swap | Tofu

Plate **tofu** in the same way the recipe instructs you to plate the **pork tenderloin**.

♦ 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.