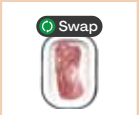




Smart Creamy Caper-Lemon Pork Chops with Roasted Marinated Veggies

Smart Meal 35 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



Zucchini
1 | 2



Carrot
1 | 2



Sweet Bell Pepper
1 | 2



Red Onion
1 | 2



Lemon
1 | 2



Chives
7 g | 14 g



Capers
30 g | 60 g



Cream Cheese
2 | 4



Chicken Broth Concentrate
1 | 2



Dill-Garlic Spice Blend
1 tsp | 2 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.

Pantry items | Sugar, oil, salt, pepper

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

1



Prep

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

- Peel, then halve **carrot** lengthwise. Cut into ½-inch half-moons.
- Halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Core, then cut **pepper** into 1-inch pieces.
- Peel, then cut **onion** into 1-inch pieces.
- Finely chop **chives**.
- Drain, then rinse **capers**. Discard brine.
- Zest, then juice **lemon**.

4



Roast pork chops

- Roast in the **middle** of the oven until cooked through, 7-10 min.**
- When **pork** is done, transfer to a cutting board to rest for 3-5 min.

2



Marinate and roast veggies

- Add **half the Dill-Garlic Spice Blend**, **1 tbsp** (2 tbsp) **lemon juice**, **½ tbsp** (1 tbsp) **oil** and **½ tsp** (1 tsp) **sugar** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **carrots, zucchini, peppers** and **onions** to the **dressing**. Toss to coat.
- Add **veggies** to a parchment-lined baking sheet.
- Roast in the **top** of the oven, stirring halfway through, until golden-brown, 20-22 min.

5



Make sauce

- Meanwhile, reheat the same pan (from step 3) over medium.
- When hot, add **cream cheese, capers, broth concentrate, remaining Dill-Garlic Spice Blend**, **¼ cup** (½ cup) **water** and **½ tsp** (1 tsp) **lemon zest**. Cook, whisking often, until **cream cheese** melts and **sauce** thickens slightly, 2-3 min.

3



Sear pork chops

Swap | **Pork Tenderloin**

- Meanwhile, pat **pork** dry with paper towels, then season with **salt** and **pepper**.
- Heat a large non-stick pan over medium heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **pork**. Pan-fry until golden, 2-3 min per side.
- Remove from heat.
- Transfer **pork** to an unlined baking sheet.

6



Finish and serve

- Thinly slice **pork**.
- Add **any pork resting juices** to the **sauce**.
- Divide **veggies** and **pork** between plates.
- Spoon **caper sauce** over **pork**.
- Sprinkle **chives** over **veggies**.

Measurements
within steps

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

3 | Sear pork

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.**

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