



# Smart Apricot-Mustard Pork Chops

with Clementine, Radish and Goat Cheese Salad

Smart Meal

20 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](https://www.hellofresh.ca)

	
	
Chicken Thighs 280g   560g	Tofu 1   2



	
Pork Chops, boneless 340 g   680 g	Spring Mix 113 g   227 g
	
Clementine 2   4	Radish 3   6
	
Seed Blend 28 g   56 g	Croutons 28 g   28 g
	
Goat Cheese 1/4 cup   1/2 cup	Apricot Spread 2 tbsp   4 tbsp
	
White Wine Vinegar 1 tbsp   2 tbsp	Whole Grain Mustard 1 tbsp   2 tbsp
	
Chicken Broth Concentrate 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, pepper, salt

Cooking utensils | Baking sheet, large bowl, large non-stick pan, measuring spoons, paper towels, whisk

1



## Marinate radishes

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

- Halve **radishes** lengthwise, then cut into thin half-moons.
- Add **vinegar**,  $\frac{1}{2}$  **tbsp** (1 **tbsp**) **apricot spread** and 3 **tsp** (6 **tsp**) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **radishes**, then toss to coat.

2



## Sear pork

Swap | Chicken Thighs

Swap | Tofu

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

3



## Roast pork

Swap | Tofu

- Roast **pork** in the **middle** of the oven until cooked through, 8-12 min. **\*\***
- When done, transfer to a cutting board to rest, 3-4 min.

4



## Make sauce

- Reheat the same pan (from step 2) over medium-low.
- When the pan is hot, add **broth concentrate**, **mustard**, **remaining apricot spread** and **2 tbsp** (4 **tbsp**) **water**.
- Cook, stirring occasionally, until **apricot spread** melts and **sauce** thickens slightly, 1-2 min.

5



## Make salad

- Meanwhile, peel **clementines**, then separate into segments.
- Add **clementines** and **spring mix** to the bowl with **marinated radishes**. Toss to combine.

6



## Finish and serve

- Thinly slice **pork**.
- Stir any **pork resting juices** into the **sauce**.
- Divide **salad** and **pork** between plates.
- Spoon **apricot-mustard sauce** over **pork**.
- Sprinkle **seed blend**, **croutons** and **goat cheese** over **salad**.

Measurements  
within steps

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

## 2 | Sear chicken

Swap | Chicken Thighs

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

## 2 | Sear tofu

Swap | Tofu

If you've opted to get **tofu**, while the pan heats, 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, then season with **salt** and **pepper**. When the pan is hot, add **1 tsp** (2 **tsp**) **oil**, then **tofu**. Pan-fry until golden, 2-3 min per side.

## 3 | Roast tofu

Swap | Tofu

Roast **tofu** in the **middle** of the oven until tender and golden, 6-8 min. Follow the rest of the recipe as written.

♦ 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.