

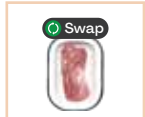


Smart Pork and Grape Salad

with DIY BBQ-Ranch Dressing

Smart Meal

25 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](http://www.hellofresh.ca)



Pork Chops, boneless
340 g | 680 g



Spring Mix
113 g | 226 g



Gala Apple
1 | 2



Red Grapes
85 g | 170 g



Radish
3 | 6



Crispy Shallots
28 g | 56 g



Feta Cheese, crumbled
¼ cup | ½ cup



Ranch Dressing
2 tbsp | 4 tbsp



BBQ Seasoning
1 tbsp | 2 tbsp



Whole Grain Mustard
1 tbsp | 2 tbsp



Honey
½ | 1

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, paper towels, silicone brush, 2 small bowls

1



Sear pork

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

🔄 Swap | [Pork Tenderloin](#)

- Pat **pork** dry with paper towels, then season with **salt** and **pepper**.
- 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, then transfer **pork** to an unlined baking sheet.

2



Roast pork

🔄 Swap | [Pork Tenderloin](#)

- Combine **1 tbsp** (2 **tbsp**) **oil** and **half the BBQ Seasoning** in a small bowl.
- Brush **oil-spice mixture** on **pork**.
- Roast in the **middle** of the oven until cooked through, 7-10 min.**
- When done, transfer **pork** to a cutting board to rest, 4 min.

3



Prep

- Meanwhile, halve **grapes**.
- Core, then cut **apple** into ¼-inch slices.
- Thinly slice **radishes**.

4



Make salad dressing

- Combine **ranch**, **mustard**, **half the honey** (use all for 4 ppl), **remaining BBQ Seasoning** and **1 tbsp** (2 **tbsp**) **water** in another small bowl, then stir to combine.

5



Make salad

- Add **spring mix**, **apples**, **grapes**, **radishes** and **1 tbsp** (2 **tbsp**) **oil** to a large bowl. Season with **salt** and **pepper**, then toss to coat.

6



Finish and serve

- Thinly slice **pork**.
- Divide **salad** between plates, then top with **pork**.
- Drizzle **salad dressing** over top.
- Sprinkle with **feta cheese** and **crispy shallots**.

Measurements within steps

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

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

1 | Sear pork

🔄 Swap | [Pork Tenderloin](#)

If you've opted to get **pork tenderloin**, sear until golden on all sides, 6-8 min.

2 | Roast pork

🔄 Swap | [Pork Tenderloin](#)

Roast **pork tenderloin** in the **middle** of the oven until cooked through, 14-18 min.** Follow the rest of the recipe as written.

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