



Smart Tex-Mex Pork Chop Bowls

with Roasted Pepper Salsa

Smart Meal

Spicy

25 Minutes

 	 
Chicken Thighs ⁺ 280 g 560 g	Tofu 1 2

Customized Protein

+ Add

Swap

or

x2 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	Hot Pepper 1 2
	
Cilantro 7 g 14 g	Sour Cream 1 3
	
Lime ½ 1	Tex-Mex Paste 1 tbsp 2 tbsp
	
Bulgur Wheat ½ cup 1 cup	Tomato 2 4
	
Feta Cheese, crumbled ½ cup ½ cup	

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, sugar

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot, paper towels, small bowl, zester

1



Make bulgur

- Before starting, wash and dry all produce.

- Add $\frac{3}{4}$ cup (1 cup) **water** and $\frac{1}{2}$ tsp (1 tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, stir in **bulgur** until water returns to a boil. Cover and remove from heat.
- Let stand until **bulgur** is tender and liquid is absorbed, 16-18 min.

4



Prep and cook pork chops

Swap | **Chicken Thighs**

Swap | **Tofu**

- Add $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil** to the same pan (used in step 3), then **pork**. Pan-fry until golden and cooked through, 3-4 min.** (**NOTE:** Cook pork in 2 batches for 4 ppl, using $\frac{1}{2}$ **tbsp** oil per batch.)
- Remove the pan from heat.
- Add **Tex-Mex paste**, $\frac{1}{4}$ **tsp** ($\frac{1}{2}$ **tsp**) **sugar** and **1 **tbsp**** (2 **tbsp**) **water**. Cook, stirring often, until **pork** is coated, 1 min.
- Remove the pan from heat.

2



Prep

Swap | **Chicken Thighs**

Swap | **Tofu**

- Meanwhile, core, then cut **hot pepper** into $\frac{1}{4}$ -inch pieces. (**TIP:** We suggest using gloves when prepping hot peppers!)
- Cut **tomatoes** into $\frac{1}{4}$ -inch pieces.
- Roughly chop **cilantro**.
- Zest, then juice **lime**.
- Pat **pork chops** dry with paper towels, then cut into $\frac{1}{4}$ -inch slices.

5



Make salsa

- Meanwhile, add **tomatoes**, **lime juice** and **half the cilantro** to the bowl with **peppers**.
- Season with **salt** and **pepper**, then stir to combine.

3



Char hot peppers

- Heat a large non-stick pan over medium-high heat.
- When hot, add **peppers** to the dry pan. Cover and cook, flipping the pieces halfway through, until dark golden, 4-5 min.
- Transfer **peppers** to a medium bowl.

6



Finish and serve

- Fluff **bulgur** with a fork. Stir in **remaining cilantro**.
- Add **sour cream** and **lime zest** to a small bowl. Season with **salt** and **pepper**, then stir to combine.
- Divide **bulgur** between bowls.
- Top with **pork**, then salsa and **lime crema**.
- Sprinkle with **feta**.

Measurements within steps

1 tbsp (2 **tbps**) **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.

2 | Prep

Swap | **Chicken Thighs**

If you've opted to get **chicken thighs**, prep in the same way the recipe instructs you to prep the **pork****.

2 | Prep

Swap | **Tofu**

If you've opted to get **tofu**, pat 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. Cut into $\frac{1}{4}$ -inch slices.

4 | Cook chicken

Swap | **Chicken Thighs**

Cook **chicken thighs** in the same way the recipe instructs you to prepare and cook **pork**. Increase pan-frying time to 3-5 min per side**.

4 | Prep and cook tofu

Swap | **Tofu**

Add **1 **tbps**** (2 **tbps**) **oil** to the same pan (used in step 3), then **tofu**. Pan-fry until golden, 3-4 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 to a minimum internal temperature of 71°C/160°F, as size may vary.