

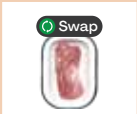


# Smart Apricot-Mustard Pork Chops

with Clementine, Radish and Goat Cheese Salad

Smart Meal

20 Minutes



Pork Tenderloin  
340 g | 680 g

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



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.

Ingredient quantities 56 g | 113 g  
2-serving | 4-serving

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 thinly slice into half-moons.
- To a large bowl, add **vinegar**,  $\frac{1}{2}$  **tblsp** (1 **tblsp**) **apricot spread** and **3 tsp** (6 **tsp**) **oil**. Season with **salt** and **pepper**, then whisk to combine.
- Add **radishes**, then toss to coat.

2



### Sear pork

- Heat a large non-stick pan over medium-high heat.
- 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 for 2-3 min per side, until golden.
- Remove from heat, then transfer to an unlined baking sheet.

3



### Roast pork

Swap | **Pork Tenderloin**

- Roast **pork** in the **middle** of the oven for 8-12 min, until cooked through.\*\*
- 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 tblsp** (4 **tblsp**) **water**.
- Cook for 1-2 min, stirring occasionally, until **apricot spread** melts and **sauce** thickens slightly.

5



### Make salad

- Meanwhile, peel **clementines**, then separate into segments.
- To the bowl with **marinated radishes**, add **clementines** and **spring mix**. 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 tblsp** (2 **tblsp**) **oil**  
2-serving 4-serving 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.

## 3 | Roast pork

Swap | **Pork Tenderloin**

If you've opted to get **pork tenderloin**, cook in the same way the recipe instructs you to sear **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 160°F.