

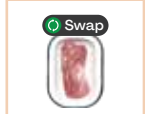


Harissa-Honey Pork Chops

with Herby Couscous Pilaf and Creamy Lemon Sauce

Spicy

30 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



Couscous
½ cup | 1 cup



Sweet Bell Pepper
1 | 2



Lemon
1 | 1



Baby Spinach
28 g | 56 g



Mint
7 g | 7 g



Sultana Raisins
28 g | 56 g



Almonds, sliced
28 g | 56 g



Mayonnaise
4 tbsp | 8 tbsp



Chicken Broth Concentrate
1 | 2



Harissa Spice Blend
1 tbsp | 2 tbsp



Honey
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 | Salt, pepper, oil, butter

Cooking utensils | Baking sheet, large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot, paper towels, parchment paper, silicone brush, 2 small bowls, whisk, zester

1



Cook couscous

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- To a medium pot, add **broth concentrate**, $\frac{2}{3}$ **cup** (1 $\frac{1}{3}$ cups) **water** and **1 tbsp** (2 tbsps) **butter**.
- Bring to a boil over high.
- Once boiling, stir in **couscous**. Remove the pot from heat, then cover and set **couscous** aside for 5 min to rehydrate.
- Fluff **couscous** with a fork.

2



Prep

- Meanwhile, core, then cut **pepper** into $\frac{1}{4}$ -inch pieces.
- Pick **mint leaves** from **stems**, then roughly chop.
- Zest, then juice **lemon**.
- Roughly chop **spinach**.
- In a small microwavable bowl or a small pan over low heat, melt **1 tbsp** (2 tbsps) **butter**. Add **Harissa Spice Blend** and $\frac{1}{2}$ **tbsp** (1 **tbsp**) **honey**. Whisk to combine. (**NOTE:** This is for your pork chops.)

3



Toast almonds

- Heat a large non-stick pan over medium.
- When the pan is hot, add **almonds** to the dry pan.
- Toast for 4-5 min, stirring often, until golden. (**TIP:** Keep your eye on them so they don't burn.)
- Transfer **almonds** to a plate.

4



Cook peppers

- Add $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil** to the same pan, then **peppers**.
- Cook for 3-4 min, stirring often, until tender-crisp. Season with **salt** and **pepper**.
- Remove from heat.
- Transfer **peppers** to the plate with **almonds**.

5



Sear and roast pork

- Reheat the same pan over medium-high.
- Meanwhile, pat **pork** dry with paper towels. Season with **salt** and **pepper**.
- When the pan is hot, add **1 tbsp** (2 tbsps) **oil**, then **pork**. Pan-fry for 2-3 min per side, until golden. (**NOTE:** Cook in 2 batches for 4 servings.)
- Transfer to a parchment-lined baking sheet. Using a silicone brush, brush **harissa-honey mixture** all over **pork chops**.
- Roast in the **middle** of the oven for 8-10 min, until cooked through.**
- Rest **pork**, covered, for 5 min.

6



Finish and serve

- Meanwhile, to a medium bowl, add **couscous**, **raisins**, **spinach**, **peppers**, **almonds**, **mint** and $\frac{1}{2}$ **tbsp** (1 **tbsp**) **lemon juice**. Stir to combine.
- In another small bowl, combine **mayo**, $\frac{1}{2}$ **tbsp** (1 **tbsp**) **honey**, $\frac{1}{4}$ **tsp** ($\frac{1}{2}$ **tsp**) **lemon zest** and $\frac{1}{2}$ **tbsp** (1 **tbsp**) **lemon juice**. Season with **salt** and **pepper**.
- Thinly slice **pork**.
- Divide **couscous** between plates. Top with **pork**.
- Drizzle **creamy lemon sauce** over top.

Measurements within steps | **1 tbsp** (2 tbsps) **oil**
2-serving 4-serving Ingredient

For 6 servings

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.

5 | Sear and roast pork

Swap | **Pork Tenderloin**

If you've opted to get **pork tenderloin**, sear in the same way the recipe instructs you to sear **pork chops**. Increase sear time to 6-8 min, then arrange on an unlined baking sheet. Roast in the **middle** of the oven until cooked through, 14-18-min.

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