



Smart Pork and Grape Salad

with DIY BBQ-Ranch Dressing

Smart Meals

25 Minutes

Swap



Chicken Breasts
2 | 4

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



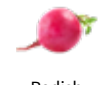
Spring Mix
113 g | 226 g



Gala Apple
1 | 2



Red Grapes
85 g | 170 g



Radish
3 | 6



Crispy Shallots
28 g | 56 g



Feta Cheese, crumbled
1/4 cup | 1/2 cup



Ranch Dressing
2 tbsp | 4 tbsp



BBQ Seasoning
1 tbsp | 2 tbsp



Whole Grain Mustard
1 tbsp | 2 tbsp



Honey
1/2 | 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.

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

Pantry items | Oil, salt, pepper

Cooking utensils | 2 baking sheets, 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 | Chicken Breasts

- Pat **pork** dry with paper towels, then season with **salt** and **pepper**.
- Heat a large non-stick pan over medium-high.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **pork**. Pan-fry 2-3 min per side, until golden, then transfer **pork** to an unlined baking sheet.

2



Roast pork

- In a small bowl, combine **1 tbsp** (2 tbsp) **oil** and **half the BBQ Seasoning**.
- Brush **oil-spice mixture** on **pork**.
- Roast in the **middle** of the oven for 7-10 min, until cooked through.**
- 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

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

5



Make salad

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

6



Finish and serve

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

Measurements within steps **1 tbsp** (2 tbsp) **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.

1 | Sear chicken

Swap | Chicken Breasts

If you've opted to get **chicken breasts**, prep and cook in the same way the recipe instructs you to prep and cook **pork chops**, then increase the roast time to 10- 12 min.**

* 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 chicken to a minimum internal temperature of 160°F and 165°F, respectively.