



Cal Smart Caribbean-Inspired Pork Chops

with Jewelled Couscous and Mango Hot Sauce

Calorie Smart

Spicy

35 Minutes



Pork Chops, boneless



Couscous



Zucchini



Sweet Bell Pepper



Green Onion



Mango Chutney



Hot Sauce



Jerk Sauce



Vegetable Stock Powder

HELLO HOT SAUCE

This low-calorie condiment is the perfect way to kick your meal up a notch!

Start here

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

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Baking sheet, measuring spoons, medium pot, parchment paper, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Couscous	½ cup	1 cup
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Green Onion	1	2
Mango Chutney	4 tbsp	8 tbsp
Hot Sauce 🍷	2 tbsp	4 tbsp
Jerk Sauce	2 tbsp	4 tbsp
Vegetable Stock Powder	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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

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.

Contact

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Cook couscous

- Add **⅓ cup** (1 ⅓ cups) **water** and **stock powder** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, remove from heat, then add **couscous**. Stir to combine.
- Cover and let stand for 5 min.
- When **couscous** is tender, fluff with a fork.



Sear and roast pork

- Pat **pork** dry with paper towels. Season with **salt** and **pepper**.
- Reheat the same pan over medium-high.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **pork**. Pan-fry until golden, 2-3 min per side, then transfer to a parchment-lined baking sheet.
- Spread **jerk sauce** all over **pork chops**.
- Roast in the **middle** of the oven until cooked through, 8-12 min.**
- Remove from heat. Transfer **pork** to a cutting board to rest for 3-5 min.



Prep

- Meanwhile, cut **zucchini** into ½-inch half-moons.
- Core, then cut **pepper** into ¼-inch pieces.
- Thinly slice **green onion**.
- Combine **mango chutney** and **hot sauce** in a small bowl.



Finish couscous

- Stir **zucchini**, **peppers** and **half the green onions** into **couscous**.



Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **peppers** and **zucchini**. Cook, stirring occasionally, until **veggies** are tender-crisp, 3-4 min. Season with **salt** and **pepper**.
- Remove from heat. Transfer **veggies** to a plate and cover to keep warm.



Finish and serve

- Thinly slice **pork**.
- Stir **any resting juices** from **pork** into **mango hot sauce**.
- Divide **jewelled couscous** between plates. Top with **pork**.
- Drizzle **some mango hot sauce** over **pork**, then serve **any remaining sauce** alongside.
- Sprinkle **remaining green onions** over top.

Dinner Solved!