

Cal Smart Caribbean-Inspired Pork Chops

with Jewelled Couscous and Mango Hot Sauce

Calorie Smart

Spicy

35 Minutes





boneless





Zucchini





Green Onion



Sweet Bell Pepper

Mango Chutney





Jerk Sauce



Vegetable Stock Powder

Start here

- Wash and dry all produce.

Measurements , 1 tbsp (2 tbsp) within steps

Bust out

Baking sheet, measuring spoons, medium pot, parchment paper, small bowl, measuring cups, large nonstick pan, paper towels

Ingredients

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	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.

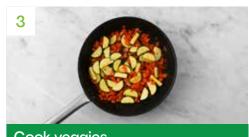


- Add 3/3 cup (1 1/3 cups) water and stock powder to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, remove from heat, then add couscous. Stir to combine.
- Cover and let stand for 5 min.
- When **couscous** is tender, fluff with a fork.



Prep

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



Cook veggies

- · Heat a large non-stick pan over mediumhigh heat.
- When hot, add 1/2 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.



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 1/2 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.



Finish couscous

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



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!

Contact

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