



Cal Smart Mediterranean-Style Pork Chops

with Roasted Sweet Potato Salad

Calorie Smart

30 Minutes



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CUSTOM RECIPE
This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Pork Chops, boneless



Double Pork Chops, boneless



Sweet Potato



Sweet Bell Pepper



Tomato



Baby Spinach



Feta Cheese, crumbled



Mediterranean Spice Blend



Honey



Red Wine Vinegar



Dijon Mustard

HELLO FETA CHEESE

A salty, briny cheese with a crumbly texture!

Start here

- Before starting, preheat oven to 450°F.
- Wash and dry all produce.

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

Bust out

2 Baking sheets, vegetable peeler, measuring spoons, aluminum foil, large bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Double Pork Chops, boneless	680 g	1360 g
Sweet Potato	2	4
Sweet Bell Pepper	1	2
Tomato	1	2
Baby Spinach	56 g	113 g
Feta Cheese, crumbled	¼ cup	½ cup
Mediterranean Spice Blend	1 tbsp	2 tbsp
Honey	½ tbsp	1 tbsp
Red Wine Vinegar	1 tbsp	2 tbsp
Dijon Mustard	1 ½ tsp	3 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook 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.



Prep veggies

- Peel, then cut **sweet potato** into ½-inch pieces.
- Core, then cut **pepper** into ½-inch pieces.
- Add **sweet potatoes, peppers** and **1 tbsp oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat. (NOTE: For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.)



Roast veggies

- Roast in the **bottom** of the oven, stirring halfway through, until **sweet potatoes** are tender and golden-brown and **peppers** are tender-crisp, 18-20 min. (NOTE: For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)
- When **veggies** are done, set aside to cool slightly, 5-10 min.



Roast pork chops

- Meanwhile, heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **pork** dry with paper towels. Season all over with **salt, pepper** and **Mediterranean Spice Blend**.
- When the pan is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **pork**. Pan-fry until golden, 1-2 min per side, then transfer to another unlined baking sheet.
- Roast in the **top** of the oven until cooked through, 8-10 min.**
- When done, transfer **pork** to a cutting board and cover loosely with foil to rest, 5 min.

If you've opted for **double pork**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **pork**. Work in batches, if necessary.



Make salad dressing

- Meanwhile, add **vinegar, Dijon, half the honey** (use all for 4 ppl) and ½ **tbsp** (1 **tbsp**) **oil** to a large bowl.
- Season with **salt** and **pepper**, then whisk to combine.



Finish salad

- When **pork** is almost done, cut **tomato** into ¼-inch pieces.
- Add **spinach, peppers, sweet potatoes** and **tomatoes** to the bowl with **dressing**. Season with **salt** and **pepper**, then toss to coat.



Finish and serve

- Thinly slice **pork**.
- Divide **salad** and **pork** between plates.
- Sprinkle **feta** over **salad**.

Dinner Solved!



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