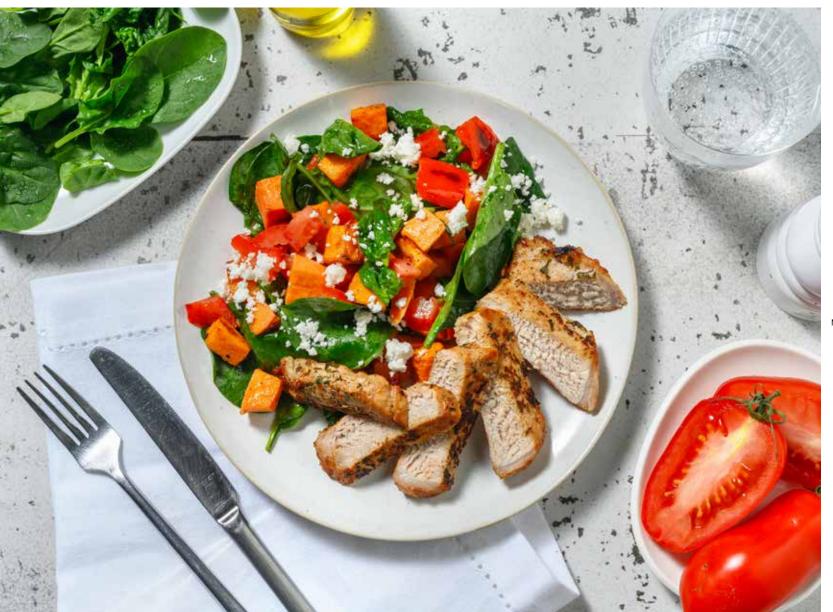


Cal Smart Mediterranean-Style Pork Chops

with Roasted Sweet Potato Salad

Calorie Smart

30 Minutes





boneless





Sweet Bell Pepper



Sweet Potato





Baby Spinach



Feta Cheese,

crumbled

Roma Tomato



Mediterranean Spice



Blend



Red Wine Vinegar



Honey

Dijon Mustard

Start here

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

Measurements , 1 tbsp (2 tbsp) within steps Ingredient

Bust out

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

Inaredients

3. 3		
	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Sweet Potato	340 g	680 g
Sweet Bell Pepper	160 g	320 g
Roma Tomato	95 g	190 g
Baby Spinach	56 g	113 g
Feta Cheese, crumbled	1/4 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 sweet potatoes and peppers are done, set aside to cool slightly, 5-10 min.



- 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 pan is hot, add 1/2 tbsp (1 tbsp) oil, then **pork**. Pan-fry until golden, 1-2 min per side, then transfer **pork** 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.



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 1/4-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!

Contact

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