

# Cal Smart Mediterranean-Style Pork Chops

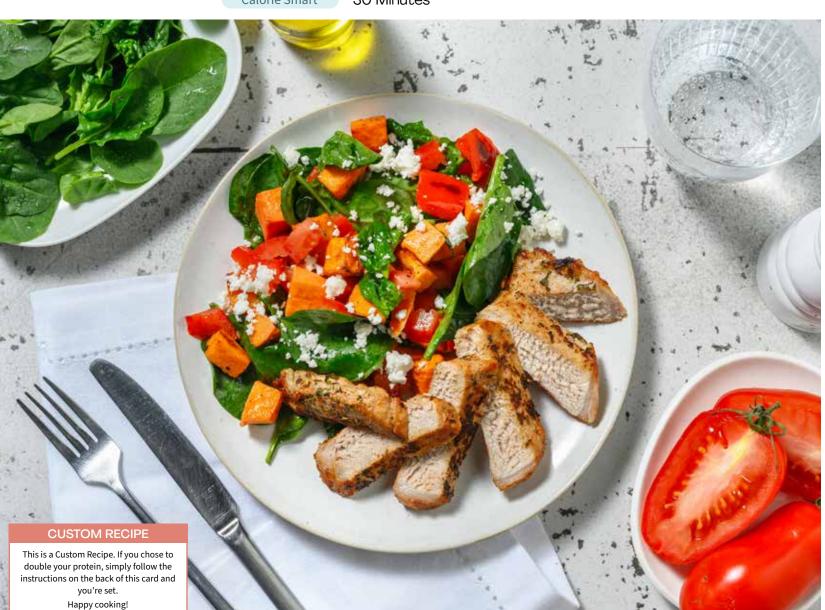
with Roasted Sweet Potato Salad

Calorie Smart

30 Minutes



Issue with your meal? Scan the QR code to share your feedback.





Pork Chops, boneless







Sweet Bell Pepper

**Sweet Potato** 



Tomato







crumbled





Red Wine Vinegar

Mediterranean Spice

Blend



Dijon Mustard

## Start here

- Before starting, preheat oven to
- 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**

	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	⅓ 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*		

\* Pantry items

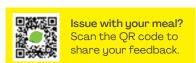
Salt and Pepper\*

\*\* 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 1/2 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.



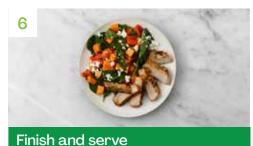
### Make salad dressing

- Meanwhile, add vinegar, Dijon, half the honey (use all for 4 ppl) and 1/2 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.



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

**Dinner Solved!**