

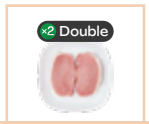


Cal Smart Moroccan-Inspired Pork Chops

with Jewelled Couscous and Fig Sauce

Calorie Smart

30 Minutes



Double Pork Chops
680g | 1360g

Custom Recipe **+** Add **↻** Swap or ***2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



- Pork Chops, boneless
340 g | 680 g
- Couscous
1/2 cup | 1 cup
- Sweet Bell Pepper
1 | 2
- Red Onion
1 | 2
- Baby Spinach
56 g | 113 g
- Almonds, sliced
28 g | 56 g
- White Cooking Wine
4 tbsp | 8 tbsp
- Fig Spread
2 tbsp | 4 tbsp
- Moroccan Spice Blend
1/2 tbsp | 1 tbsp
- Garlic Salt
1/2 tsp | 1 tsp

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.

Pantry items | Oil, salt, pepper

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

1



Prep

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

×2 Double | Pork chops

- Roughly chop **spinach**.
- Peel, then cut **onion** into ¼-inch pieces.
- Core, then cut **pepper** into ¼-inch pieces.
- Pat **pork** dry with paper towels. Season with **half the Moroccan Spice Blend** (use all for 4 ppl), **salt** and **pepper**.

2



Sear and roast pork chops

- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp** (1 **tblsp**) **oil**, then **pork**. Pan-fry until golden, 2-3 min per side.
- Remove from heat, then transfer **pork** to an unlined baking sheet.
- Roast in the **middle** of the oven until cooked through, 8-12 min.**
- When done, transfer **pork** to a plate to rest, 3-5 min.

3



Prep and cook couscous

- Meanwhile, add ⅔ **cup** (1 ⅓ **cups**) **water** and ¼ **tsp** (½ **tsp**) **garlic salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, remove from heat, then add **couscous**. Stir to combine.
- Add **spinach** to the pot, then cover and let stand, 5 min.
- When **couscous** is tender, fluff with a fork.

4



Cook veggies

- Meanwhile, reheat the same pan (from step 2) over medium.
- When hot, add ½ **tbsp** (1 **tblsp**) **oil**, then **peppers** and **onions**.
- Cook, stirring occasionally, until tender-crisp, 3-4 min. Season with **salt** and **pepper**.
- Transfer **veggies** to a plate, then cover to keep warm.
- Carefully wipe the pan clean.

5



Make sauce

- Reheat the same pan over medium.
- When hot, add **cooking wine**, **fig spread**, ¼ **tsp** (½ **tsp**) **garlic salt** and 2 **tblsp** (4 **tblsp**) **water**. Bring to a simmer.
- Cook, until **sauce** reduces slightly, 2-3 min.
- Remove from heat.
- Stir **any pork resting juices** from the plate into **sauce**. Transfer **sauce** to a small bowl.

6



Finish and serve

- Add **almonds**, **peppers** and **onions** to the pot with **couscous**. Season with **salt** and **pepper**, to taste, then stir to combine.
- Thinly slice **pork**.
- Divide **jewelled couscous** between plates. Top with **pork**.
- Spoon **fig sauce** over **pork**.

Measurements
within steps

1 **tblsp** (2 **tblsp**) **oil**
2 person 4 person Ingredient

1 | Prep

×2 Double | Pork chops

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.

** Cook pork to a minimum internal temperature of 71°C/160°F



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