



Cal Smart Moroccan-Inspired Pork Chops with Jewelled Couscous and Fig Sauce

Calorie Smart

35 Minutes



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Pork Chops,
boneless



Couscous



Sweet Bell Pepper



Red Onion



Baby Spinach



Almonds, sliced



White Cooking Wine



Fig Spread



Moroccan Spice
Blend



Garlic Salt

HELLO MOROCCAN SPICE BLEND

This blend of North African spices is warm and aromatic!

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

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

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Couscous	½ cup	1 cup
Sweet Bell Pepper	160 g	320 g
Red Onion	113 g	226 g
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	½ tsp	1 tsp
Garlic Salt	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

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

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

- 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** (all for 4 ppl), **salt** and **pepper**.



Cook veggies

- Meanwhile, reheat the same pan (from step 2) over medium.
- When hot, add ½ **tbsp** (1 **tbsp**) **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.



Sear and roast pork chops

- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp** (1 **tbsp**) **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.



Make sauce

- Reheat the same pan over medium.
- When hot, add **cooking wine**, **fig spread**, ¼ **tsp** (½ **tsp**) **garlic salt** and **2 tbsp** (4 **tbsp**) **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.



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.



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**.

Dinner Solved!



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