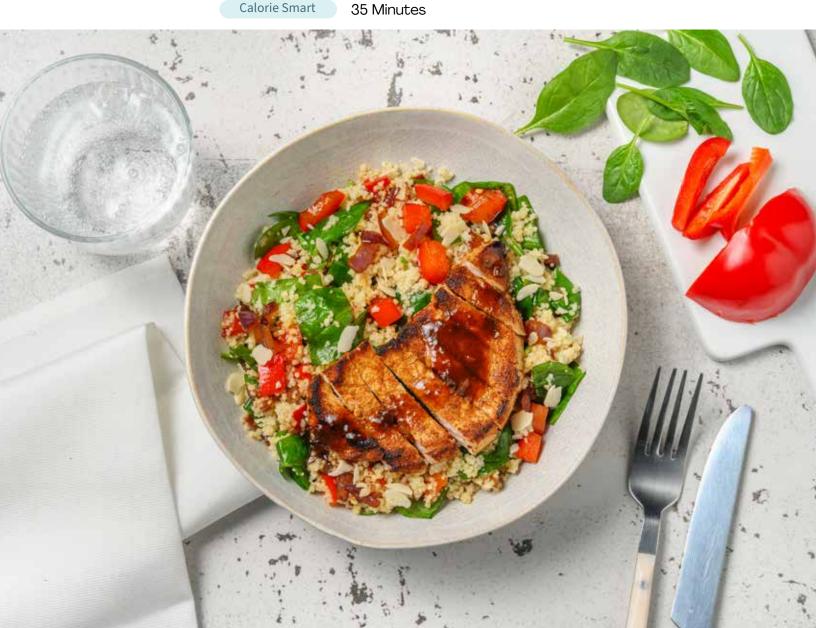


Cal Smart Moroccan-Inspired Pork Chops

with Jewelled Couscous and Fig Sauce

Calorie Smart









Pork Chops, boneless









Sweet Bell Pepper

Red Onion







Baby Spinach

Almonds, sliced





White Cooking Wine

Fig Spread





Moroccan Spice Blend

Garlic Salt

Start here

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

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

Bust out

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

Ingredients

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	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 tbsp	1 tbsp
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 1/4-inch pieces.
- Pat **pork** dry with paper towels. Season with **half the Moroccan Spice Blend** (all for 4 ppl), **salt** and **pepper**.



Sear and roast pork chops

- Heat a large non-stick pan over mediumhigh 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.



- Meanwhile, add ¾ cup (1 ½ 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.



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.



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- 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.



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!

