



Carb Smart BBQ-Rubbed Pork Chops with Salad and Roasted Broccoli

Smart Meal

25 Minutes

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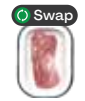
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or

*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 Tenderloin
340 g | 680 g



Tofu
1 | 2



Pork Chops, boneless
340 g | 680 g



Broccoli, florets
227 g | 454 g



BBQ Seasoning
1 tbsp | 2 tbsp



BBQ Sauce
4 tbsp | 4 tbsp



Baby Spinach
56 g | 113 g



Shallot
1 | 2



White Wine Vinegar
1 tbsp | 2 tbsp



Tomato
1 | 2



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, sugar

Cooking utensils | Baking sheet, measuring spoons, silicone brush, large bowl, parchment paper, whisk, large non-stick pan, paper towels

1



Prep broccoli

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

- Cut **broccoli** into bite-sized pieces.
- Add **broccoli** and **1 tbsp** (2 tbsp) **oil** to one side of a parchment-lined baking sheet.
- Season with **salt** and **pepper**, then toss to coat. Set aside.

2



Cook pork and broccoli

Swap | **Pork Tenderloin**

Swap | **Tofu**

- Pat **pork** dry with paper towels. Season with **BBQ Seasoning** and **salt**.
- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **pork**. Sear until golden-brown, 1-2 min per side.
- Transfer **pork** to the other side of the baking sheet with **broccoli**.
- Brush **half the BBQ sauce** over **pork**.
- Roast **pork** and **broccoli** in the **middle** of the oven, until **broccoli** is tender and **pork** is cooked through, 12-14 min.**

4



Marinate shallots

- Add **vinegar**, **1 ½ tbsp** (3 tbsp) **oil** and **¼ tsp** (½ tsp) **sugar** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **shallots**, then toss to coat.

5



Toss salad

- When **pork** is almost done, add **spinach** and **tomatoes** to the large bowl with **shallots**. Toss to combine.

3



Prep remaining ingredients

- Meanwhile, peel, then thinly slice **shallot**.
- Cut **tomato** into ¼-inch pieces.

6



Finish and serve

- Slice **BBQ-rubbed pork**.
- Divide **pork**, **salad** and **roasted broccoli** between plates.
- Serve **remaining BBQ sauce** on the side for dipping.

Measurements
within steps

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

2 | Cook pork tenderloin

Swap | **Pork Tenderloin**

If you've opted to get **pork tenderloin**, prepare and sear it in the same way the recipe instructs you to prepare and sear the **pork chops**. Increase sear time to 6-8 min, then increase the roast time to 14-18-min.**

2 | Cook tofu

Swap | **Tofu**

If you've opted to get **tofu**, pat dry with paper towels. Cut in half, parallel to the cutting board. (**NOTE:** You will have 2 tofu "steak" squares per block.) Season in the same way the recipe instructs you to season the **pork**.

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Pan-fry until golden, 2-3 min per side. Transfer to the other side of baking sheet with **broccoli**. Follow the rest of the recipe as written.



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

** Cook to a minimum internal temperature of 71°C/160°F, as size may vary.