

30 Minutes Smart Meal

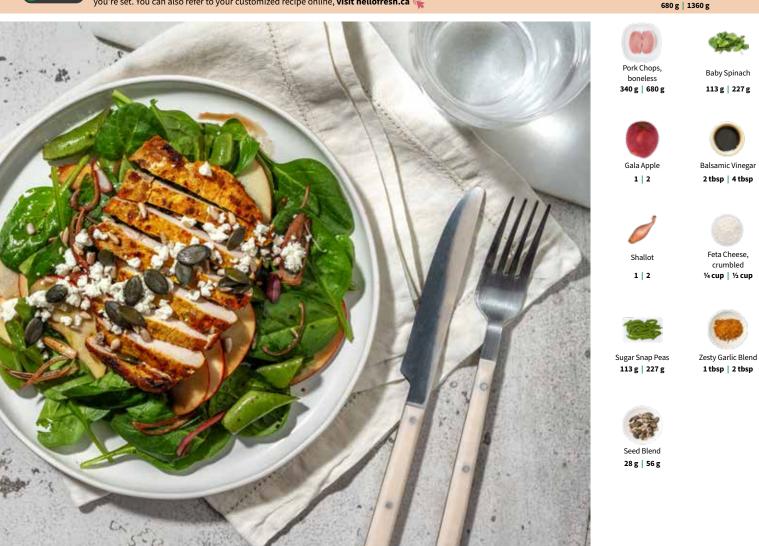
♦ Custom Recipe + Add Ø Swap 2 Double or

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 🌑



Pork Chops.

boneless



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, large bowl, whisk, large non-stick pan, paper towels



Cook pork chops

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

😒 Double | Pork Chops

- Pat **pork** dry with paper towels. Season with **Zesty Garlic Blend** and **salt**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **pork**. Sear until golden-brown, 1-2 min per side.
- Transfer **pork** to an unlined baking sheet.
- Roast in the **middle** of the oven until cooked through, 12-14 min.**



Finish prep

• Core, then cut **apple** into 1/4-inch wedges.



Prep

- Meanwhile, trim **snap peas**, halve crosswise.
- Peel, then cut **shallot** into 1/4-inch slices.



Marinate shallots

- Add **balsamic 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. Set aside.

1 | Cook pork chops

2 Double | Pork Chops

If you've opted for **double pork**, prepare, cook and plate it in the same way the recipe instructs you to prepare and cook the **regular portion of pork**. Work in batches, if necessary.



Finish and serve

- Add **spinach**, **apples** and **snap peas** to the bowl with **marinated shallots**.
- Season with **salt** and **pepper**, then toss to coat.
- Thinly slice **pork**.
- Divide **salad** between plates. Top with **pork**.
- Sprinkle feta and seed blend over top.



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