



# Carb Smart Pork and Apple Salad with Balsamic Dressing

Smart Meal 30 Minutes



Pork Chops, boneless  
680 g | 1360 g

↗ 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](http://www.hellofresh.ca)



Pork Chops, boneless  
340 g | 680 g



Baby Spinach  
113 g | 227 g



Gala Apple  
1 | 2



Balsamic Vinegar  
2 tbsp | 4 tbsp



Shallot  
1 | 2



Feta Cheese, crumbled  
¼ cup | ½ cup



Sugar Snap Peas  
113 g | 227 g



Zesty Garlic Blend  
1 tbsp | 2 tbsp



Seed Blend  
28 g | 56 g

**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

1



### Cook pork chops

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

×2 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.\*\*

4



### Finish prep

- Core, then cut **apple** into ¼-inch wedges.

2



### Prep

- Meanwhile, trim **snap peas**, halve crosswise.
- Peel, then cut **shallot** into ¼-inch slices.

3



### 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.

5



### 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.

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

## 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.

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



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