



Carb Smart Pork and Kale Salad

with Brussels Sprouts and Mustard Vinaigrette

Carb Smart

35 Minutes



Pork Chops, boneless



Brussels Sprouts



Gala Apple



Pepitas



Whole Grain Mustard



Thyme



Red Onion



Garlic



Baby Kale



Lemon



Garlic Salt

HELLO PAN-ROASTED BRUSSELS SPROUTS

Pan-roasted in butter to highlight all the nutty savoury flavours of these tiny cabbages!

Start here

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

Bust out

Baking sheet, microplane/zester, measuring spoons, tongs, large bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Brussels Sprouts	227 g	454 g
Gala Apple	1	2
Pepitas	28 g	56 g
Whole Grain Mustard	1 tbsp	2 tbsp
Thyme	7 g	14 g
Red Onion	56 g	113 g
Garlic	6 g	12 g
Baby Kale	113 g	226 g
Lemon	1	1
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	¼ tsp	½ tsp
Oil*		

Salt and Pepper*

* Pantry items

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

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

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Prep

Strip **1 tbsp thyme leaves** off stems (dbl for 4 ppl). Quarter **Brussels sprouts**. Peel, then mince or grate **garlic**. Peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl). Zest, then juice **lemon**. Pat **pork** dry with paper towels. Season all over with **thyme, garlic salt** and **pepper**. Set aside.



Massage kale

Whisk together **mustard, 1 tbsp lemon juice, ½ tsp lemon zest, ¼ tsp sugar** and **2 tbsp oil** (dbl all for 4 ppl) in a large bowl. Season with **salt and pepper**. Add **kale** to the **dressing** and toss with tongs to coat. Set aside.



Cook pork

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **pork**. Pan-fry, until golden, 2-3 min per side. When **pork** is golden, transfer to a baking sheet. Roast, in the **middle** of the oven, until cooked through, 10-12 min.**



Finish salad

Core, then cut **apple** into ¼-inch pieces. Add **apple** and **Brussels sprouts mixture** to the bowl with **kale**. Toss to coat.



Cook Brussels sprouts

While the **pork** roasts, heat the same pan over medium. When hot, add **1 tbsp butter, 1 tsp oil** (dbl both for 4 ppl), then **onions, garlic** and **Brussels sprouts**. Cook, stirring often until **Brussels sprouts** are tender-crisp, 8-10 min. Season with **salt** and **pepper**.



Finish and serve

Slice **pork**. Divide **salad** between plates. Top with **pork**, then sprinkle with **pepitas**.

Dinner Solved!