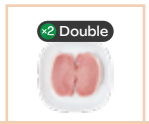




# Harissa-Honey Pork Chops

## with Herby Couscous Pilaf and Creamy Lemon Sauce

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](https://www.hellofresh.ca)



-  Pork Chops, boneless  
340 g | 680 g
-  Couscous  
1/2 cup | 1 cup
-  Sweet Bell Pepper  
1 | 2
-  Lemon  
1 | 1
-  Baby Spinach  
28 g | 56 g
-  Mint  
7 g | 7 g
-  Sultana Raisins  
28 g | 56 g
-  Almonds, sliced  
28 g | 56 g
-  Mayonnaise  
4 tbsp | 8 tbsp
-  Chicken Broth Concentrate  
1 | 2
-  Harissa Spice Blend  
1 tbsp | 2 tbsp
-  Honey  
1 tbsp | 2 tbsp

**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** | Unsalted butter, oil, salt, pepper

**Cooking utensils** | Baking sheet, small microwavable bowl, medium bowl, measuring spoons, silicone brush, zester, medium pot, parchment paper, small bowl, measuring cups, whisk, large non-stick pan, paper towels

1



### Cook couscous

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Add  $\frac{2}{3}$  cup (1  $\frac{1}{3}$  cups) **water**, **1 tbsp** (2 tbsp) **butter** and **broth concentrate** to a medium pot.
- Cover and bring to a boil over high heat.
- Once boiling, remove the pot from heat, then add **couscous**. Stir to combine.
- Cover and let stand, 5 min.
- When **couscous** is tender, fluff with a fork.

2



### Prep

- Meanwhile, core, then cut **pepper** into  $\frac{1}{4}$ -inch pieces.
- Pick **mint leaves** from stems, then roughly chop.
- Zest, then juice **lemon**.
- Roughly chop **spinach**.
- Melt **1 tbsp** (2 tbsp) **butter** in a small microwavable bowl or a small pan over low heat. Add **Harissa Spice Blend** and  $\frac{1}{2}$  **tbsp** (1 tbsp) **honey**. Whisk to combine. (**NOTE**: This is for your pork chops!)

3



### Toast almonds

- Heat a large non-stick pan over medium heat.
- When hot, add **almonds** to the dry pan.
- Toast, stirring often, until golden, 4-5 min. (**TIP**: Keep your eye on them so they don't burn!)
- Transfer **toasted almonds** to a plate.

4



### Cook peppers

- Add  $\frac{1}{2}$  **tbsp** (1 tbsp) **oil** to the same pan, then **peppers**.
- Cook, stirring often, until tender-crisp, 3-4 min. Season with **salt** and **pepper**.
- Remove from heat.
- Transfer **peppers** to the plate with **toasted almonds**.

5



### Sear and roast pork

- **×2 Double** | **Pork Chops**
- Reheat the same pan over medium-high.
- Meanwhile, pat **pork** dry with paper towels. Season with **salt** and **pepper**.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **pork**. Pan-fry until golden, 2-3 min per side. (**NOTE**: Cook in 2 batches for 4 ppl.)
- Transfer to a parchment-lined baking sheet. Using a silicone brush, brush **harissa-honey mixture** all over **pork chops**.
- Roast in the **middle** of the oven until cooked through, 8-12 min.\*\*
- Transfer **pork** to a cutting board to rest, 3-5 min.

6



### Finish and serve

- Meanwhile, add **couscous**, **raisins**, **spinach**, **peppers**, **almonds**, **mint** and  $\frac{1}{2}$  **tbsp** (1 tbsp) **lemon juice** to a medium bowl. Stir to combine.
- Add **mayo**,  $\frac{1}{2}$  **tbsp** (1 tbsp) **honey**,  $\frac{1}{4}$  **tsp** ( $\frac{1}{2}$  tsp) **lemon zest** and  $\frac{1}{2}$  **tbsp** (1 tbsp) **lemon juice** to a small bowl.
- Season with **salt** and **pepper**, then whisk to combine. (**NOTE**: This is your creamy lemon sauce!)
- Thinly slice **pork**.
- Divide **couscous** between plates. Top with **pork**.
- Drizzle **creamy lemon sauce** over top.

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

## 5 | Sear and roast pork

×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.