

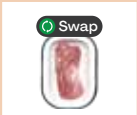


Smart Apricot-Mustard Pork Chops

with Clementine, Radish and Goat Cheese Salad

Smart Meal

20 Minutes



Pork Tenderloin
340 g | 680 g

Customized Protein **+** 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
- Spring Mix
113 g | 227 g
- Clementine
2 | 4
- Radish
3 | 6
- Seed Blend
28 g | 56 g
- Croutons
14 g | 28 g
- Goat Cheese
28 g | 56 g
- Apricot Spread
2 tbsp | 4 tbsp
- White Wine Vinegar
1 tbsp | 2 tbsp
- Whole Grain Mustard
1 tbsp | 2 tbsp
- Chicken Broth Concentrate
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

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

1



Marinate radishes

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Halve **radishes** lengthwise, then cut into thin half-moons.
- Add **vinegar**, $\frac{1}{2}$ **tbsp** (1 **tbsp**) **apricot spread** and **3 tsp** (6 **tsp**) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **radishes**, then toss to coat.

2



Sear pork

 Swap | **Pork Tenderloin**

- Heat a large non-stick pan over medium-high.
- While the pan heats, pat **pork** dry with paper towels, then season with **salt** and **pepper**.
- When the pan is hot, add **1 tsp** (2 **tsp**) **oil**, then **pork**. Pan-fry until golden, 2-3 min per side.
- Remove from heat, then transfer to an unlined baking sheet.

3



Roast pork

- Roast **pork** in the **middle** of the oven until cooked through, 8-12 min.**
- When done, transfer to a cutting board to rest, 3-4 min.

4



Make sauce

- Reheat the same pan (from step 2) over medium-low.
- When the pan is hot, add **broth concentrate**, **mustard**, **remaining apricot spread** and **2 tbsp** (4 **tbsp**) **water**.
- Cook, stirring occasionally, until **apricot spread** melts and **sauce** thickens slightly, 1-2 min.

5



Make salad

- Meanwhile, peel **clementines**, then separate into segments.
- Add **clementines** and **spring mix** to the bowl with **marinated radishes**. Toss to combine.

6



Finish and serve

- Thinly slice **pork**.
- Stir **any pork resting juices** into **sauce**.
- Divide **salad** and **pork** between plates.
- Spoon **apricot-mustard sauce** over **pork**.
- Sprinkle **seed blend**, **croutons** and **goat cheese** over **salad**.

Measurements
within steps

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

2 | Sear pork

 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.**

** 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.