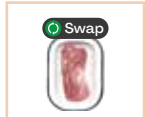




Smart Miso-Cranberry Pork Chops with Fresh Clementine-Cashew Salad

Smart Meal 25 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



Baby Spinach
113 g | 227 g



Spring Mix
28 g | 56 g



Carrot, julienned
56 g | 113 g



Clementine
2 | 4



Dried Cranberries
¼ cup | ½ cup



Miso Broth Concentrate
1 | 2



Rice Vinegar
2 tbsp | 4 tbsp



Cashews
28 g | 56 g



Garlic, cloves
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 | Unsalted butter, sugar, oil, salt, pepper

Cooking utensils | Medium non-stick pan, zester, large bowl, small bowl, paper towels, measuring spoons

1



Prep

- Wash and dry all produce.

- Zest, then juice **half the clementine**. Peel **remaining clementine**, then separate into segments.
- Peel, then mince or grate **garlic**.

2



Make glaze and dressing

- Add **garlic, cranberries, half the vinegar, half the miso concentrate, ½ tsp (1 tsp) clementine zest, 2 tbsp (4 tbsp) clementine juice, ½ tsp (1 tsp) sugar** and **¼ cup (½ cup) water** to a small bowl. Stir to mix. (**NOTE:** This is your glaze!)
- Add **remaining miso concentrate, remaining zest, remaining juice, remaining vinegar, ¼ tsp (½ tsp) sugar** and **1 tbsp (2 tbsp) oil** to a large bowl. Season with **salt** and **pepper**. Stir to mix. (**NOTE:** This is your dressing!)

4



Finish pork

[Swap](#) | [Pork Tenderloin](#)

- Add **glaze mixture** and **1 tbsp (2 tbsp) butter** to **pork**, then flip to coat. Reduce heat to medium.
- Cover and cook, flipping halfway through, until **glaze** has thickened slightly and **pork** is cooked through, 5-7min.** (**TIP:** If glaze reduces too quickly, add water 1-2 tbsp at a time.)

5



Finish and serve

- Add **spinach, spring mix, carrots, cashews** and **clementine segments** to the bowl with **dressing**. Toss to coat.
- Thinly slice **pork**.
- Divide **salad** and **pork** between plates.
- Add **any pork juices** to pan with **glaze**. Spoon **cranberries** and **any remaining glaze** in pan over **pork**.

3



Cook pork

[Swap](#) | [Pork Tenderloin](#)

- Heat a medium non-stick pan (large pan for 4 ppl) over medium-high heat.
- While pan heats, pat **pork chops** dry with paper towels. Season with **salt** and **pepper**.
- When the pan is hot, add **½ tbsp (1 tbsp) oil**, then **pork**. Pan-fry until golden, 2-3 min per side.

Measurements
within steps

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

3 | Cook 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.

4 | Finish pork

[Swap](#) | [Pork Tenderloin](#)

Increase cook time for **pork tenderloin** to 7-12 min.**



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

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