

# Smart Vietnamese-Style Marinated Pork Chops

with Fresh Salad and Shallots

Carb Smart

Calorie Smart

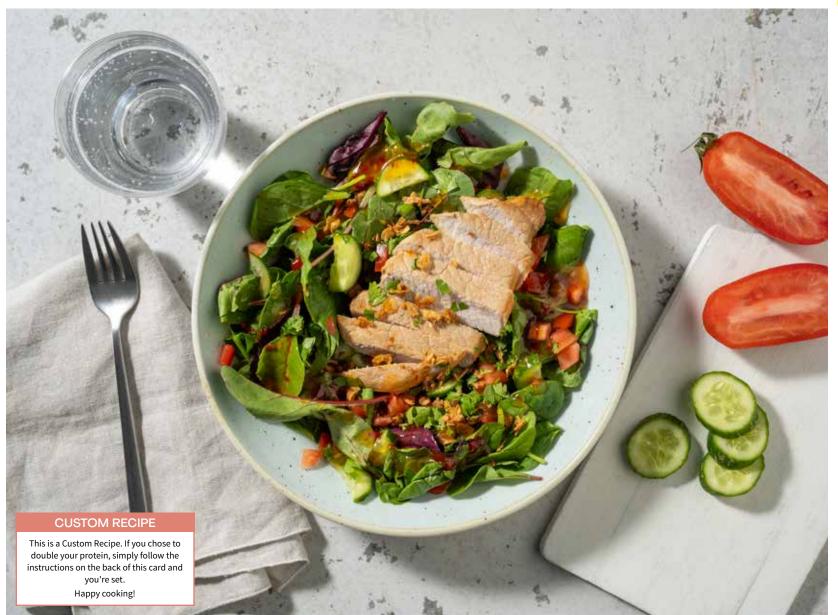
Spicy

Quick

25 Minutes



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boneless







Lemongrass





Garlic Puree





Roma Tomato

Spring Mix

Soy Sauce

Mini Cucumber





Sweet Chili Sauce Rice Vinegar



Crispy Shallots



Cilantro

#### Start here

Before starting, wash and dry all produce.

Measurements 1 tbsp (2 tbsp) within steps

#### **Bust out**

Medium bowl, measuring spoons, plastic wrap, rolling pin, large bowl, whisk, large non-stick pan, paper towels

Ingredient

# Ingredients

9		
	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Double Pork Chops, boneless	680 g	1360 g
Lemongrass	1	2
Soy Sauce	1 tbsp	2 tbsp
Garlic Puree	½ tbsp	1 tbsp
Spring Mix	113 g	227 g
Mini Cucumber	66 g	132 g
Roma Tomato	95 g	190 g
Sweet Chili Sauce	2 tbsp	4 tbsp
Rice Vinegar	1 tbsp	2 tbsp
Crispy Shallots	14 g	28 g
Cilantro	7 g	14 g
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 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, sov. sulphites, tree nuts and wheat.



#### Make marinade

- Remove outer layer of lemongrass, then halve lengthwise.
- Place lemongrass, cut-side down, on a cutting board.
- Using the back of a spoon or a pot, forcefully hit lemongrass to crush, then chop very finely.
- Add lemongrass, 1/2 tbsp (1 tbsp) garlic puree and soy sauce to a medium bowl, then whisk to combine.



### Prep pork chops

- Pat **pork chops** dry with paper towels.
- Place each chop on a cutting board and cover with plastic wrap.
- Using a rolling pin or heavy-bottomed pan, pound each chop until ½-inch thick.
- Season with salt and pepper, then add to medium bowl with marinade.

If you've opted for **double pork chops**, prepare and cook them in the same way the recipe instructs you to prepare and cook the regular portion of pork chops. Work in batches, if necessary.



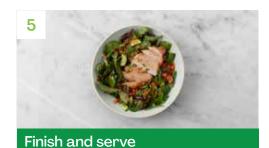
#### Prep salad

- Meanwhile, halve cucumber lengthwise, then cut into ¼-inch half-moons.
- Cut tomato into 1/4-inch pieces.
- Roughly chop cilantro.
- Add half the sweet chili sauce (use all for 4 ppl), vinegar and ½ tbsp (1 tbsp) oil to a large bowl. Whisk to combine.
- Set aside.

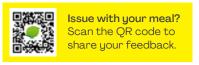


#### Cook pork chops

- Heat a large non-stick pan over medium heat.
- When hot, add 1/2 tbsp (1 tbsp) oil, then pork. Pan-fry until golden-brown and cooked through, 3-6 min per side.\*\*



- Slice pork.
- Add tomatoes, cucumbers, cilantro and spring mix to the large bowl with dressing, then toss to combine. Season with salt and pepper, to taste.
- Divide salad between bowls.
- Top with pork.
- Sprinkle half the crispy shallots over top (use all for 4 ppl).



## **Dinner Solved!**