



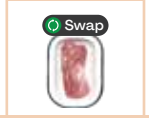
Cal Smart Jerk Pork Chops

with Roasted Sweet Potatoes and Salsa Fresca

Spicy

Smart Meal

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



Pork Chops, boneless
340 g | 680 g



Jerk Spice Blend
1 | 2 tbsp



Jerk Sauce
2 tbsp | 4 tbsp



Sweet Potato
2 | 4



Tomato
2 | 4



Lime
1 | 1



Mini Cucumber
1 | 2



Cilantro
7 g | 14 g



Yogurt Sauce
3 tbsp | 6 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 | Pepper, oil, sugar, salt

Cooking utensils | 2 baking sheets, large non-stick pan, measuring spoons, medium bowl, paper towels, parchment paper, zester

1



Prep and cook veggies

- Before starting, preheat the oven to 42°F.
- Wash and dry all produce.
- Peel, then cut **sweet potato** into ½-inch pieces.
- Add **sweet potatoes**, **half the Jerk Spice Blend** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **bottom** of the oven, flipping halfway through, until tender and golden-brown, 18-20 min.

2



Prep and cook pork

- [Swap](#) | [Pork Tenderloin](#)
- Meanwhile, pat **pork** dry with paper towels. Season with **remaining Jerk Spice Blend**, **salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **pork**. Pan-fry until golden, 2-3 min per side, then transfer **pork** to another parchment-lined baking sheet.
- Spread **jerk sauce** over **pork** in an even layer.
- Roast in the **middle** of the oven until cooked through, 7-10 min.**

3



Finish prep

- Meanwhile, cut **tomatoes** into ½-inch pieces.
- Cut **cucumber** into ¼-inch pieces.
- Zest, then juice **half the lime** (whole lime for 4 ppl). Transfer **lime juice** to a medium bowl, then set aside.
- Cut **any remaining lime** into wedges.
- Roughly chop **cilantro**.

4



Make salsa fresca

- Add **¼ tsp** (½ tsp) **sugar** to the bowl with **lime juice**. Stir until **sugar** is dissolved.
- Add **tomatoes**, **cucumbers** and **half the cilantro**.
- Stir to combine.
- Season with **salt** and **pepper**, to taste.

5



Finish and serve

- When **sweet potatoes** have finished roasting, add **lime zest** and **remaining cilantro**, then toss to coat.
- Thinly slice **pork**, if desired.
- Divide **potatoes** and **pork** between plates.
- Top **pork** with **salsa fresca**.
- Dollop **yogurt sauce** over everything.

Measurements
within steps

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

2 | Prep and 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**, increasing sear time to 6-8 min. Then, increase roast time to 14-18-min.**

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