



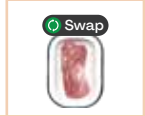
Grilled Turkish-Inspired Pork Chops

with Grilled Veggie Tabbouleh and Lemon-Feta Sauce

Family Friendly

Grill

25 - 35 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



Bulgur Wheat
½ cup | 1 cup



Sweet Bell Pepper
1 | 2



Parsley
7 g | 14 g



Red Onion
1 | 2



Chicken Broth Concentrate
1 | 2



Lemon
1 | 2



Feta Cheese, crumbled
¼ cup | ½ cup



Turkish Spice Blend
1 tbsp | 2 tbsp



Mayonnaise
2 tbsp | 4 tbsp



Zucchini
1 | 2



Mixed Olives
30 g | 60 g

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 | Salt, oil, pepper, butter

Cooking utensils | Large bowl, measuring cups, measuring spoons, medium bowl, medium pot, paper towels, small bowl, zester

1



Cook bulgur

- Before starting, wash and dry all produce. Lightly oil the grill.
- While you prep, preheat the grill over medium-high heat (approx. 500°F).

- Add **broth concentrate**, $\frac{3}{4}$ cup (1 cup) **water** and $\frac{1}{2}$ tsp (1 tsp) **salt** to a medium pot.
- Cover and bring to a boil over high heat. Once boiling, add **bulgur**. Stir to combine, then cover and remove the pot from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 15-16 min.
- Stir in **1 tbsp** (2 tbsp) **butter**, then fluff with a fork.

4



Grill pork and veggies

- Add **veggies** to one side of the grill. Close lid and grill, flipping once, until **veggies** are tender-crisp, 9-12 min.
- Meanwhile, add **pork** to the other side of the grill. Cook, flipping halfway through, until **pork** is cooked through, 8-10 min.**
- Transfer **pork** to a plate, then cover to keep warm.
- Transfer **veggies** back to the medium bowl.

2



Start prep

- Drain, then roughly chop **olives**.
- Roughly chop **parsley**.
- Zest, then juice **lemon**.
- Add **lemon zest**, **mayo**, **half the feta** and $\frac{1}{2}$ **tbsp** (1 **tbsp**) **lemon juice** to a small bowl, then stir to combine. Set aside.

5



Finish tabbouleh

- Remove root and outer layer from **onion quarters**, then cut **onion**, **zucchini** and **pepper** into $\frac{1}{2}$ -inch pieces.
- Add **bulgur**, **zucchini**, **onions**, **peppers**, **remaining lemon juice**, **olives**, **remaining feta**, **parsley** and **1 tbsp** (2 **tbsp**) **oil** to a large bowl. Season with **salt** and **pepper**, to taste, then toss to combine.

3



Finish prep

🔄 Swap | **Pork Tenderloin**

- Halve **zucchini** lengthwise.
- Halve **pepper**, then core.
- Peel, then quarter **onion**, leaving the root in tact.
- Add **veggies**, **1 tbsp** (2 **tbsp**) **oil** and **half the Turkish Spice Blend** to a medium bowl. Season with **salt** and **pepper**, then toss to combine. Set aside.
- Pat **pork** dry with paper towels. Season both sides with **salt**, **pepper** and **remaining Turkish Spice Blend**. Rub with $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil**.

6



Finish and serve

- Thinly slice **pork**.
- Divide **tabbouleh** between plates.
- Top with **grilled pork**.
- Dollop **lemon-feta sauce** over top.

Measurements
within steps

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

3 | Finish prep

🔄 Swap | **Pork Tenderloin**

If you've opted to get **pork tenderloin**, prep and season it in the same way as the **pork chops**, then increase the grill time to 14-18-min.

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