



Harissa-Honey Pork Chops

with Herby Couscous Pilaf and Creamy Lemon Sauce

30 Minutes

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)

↻ Swap	↻ Swap
Chicken Thighs 280 g 560 g	Tofu 1 2
Pork Chops, boneless 340 g 680 g	Couscous ½ cup 1 cup
Sweet Bell Pepper 1 2	Lemon 1 1
Baby Spinach 28 g 56 g	Mint 7 g 7 g
Sultana Raisins 28 g 56 g	Almonds, sliced 28 g 56 g
Mayonnaise 4 tbsp 8 tbsp	Chicken Broth Concentrate 1 2
Harissa Spice Blend 1 tbsp 2 tbsp	Honey 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

Salt, pepper, oil, unsalted butter

Cooking utensils

Baking sheet, large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot, parchment paper, silicone brush, 2 small bowls, whisk, zester, paper towels

1



Cook couscous

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Add $\frac{3}{4}$ cup (1 $\frac{1}{3}$ cups) **water**, **1 tbsp** (2 tbsp) **butter** and **broth concentrate** to a medium pot.
- Cover and bring to a boil over high heat.
- Once boiling, remove the pot from heat, then add **couscous**. Stir to combine.
- Cover and let stand, 5 min.
- When **couscous** is tender, fluff with a fork.

2



Prep

- Meanwhile, core, then cut **pepper** into $\frac{1}{4}$ -inch pieces.
- Pick **mint leaves** from stems, then roughly chop.
- Zest, then juice **lemon**.
- Roughly chop **spinach**.
- Melt **1 tbsp** (2 tbsp) **butter** in a small microwavable bowl or a small pan over low heat. Add **Harissa Spice Blend** and $\frac{1}{2}$ **tbsp** (1 **tbsp**) **honey**. Whisk to combine. (**NOTE:** This is for your pork chops!)

3



Toast almonds

- Heat a large non-stick pan over medium heat.
- When hot, add **almonds** to the dry pan.
- Toast, stirring often, until golden, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!)
- Transfer **toasted almonds** to a plate.

4



Cook peppers

- Add $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil** to the same pan, then **peppers**.
- Cook, stirring often, until tender-crisp, 3-4 min. Season with **salt** and **pepper**.
- Remove from heat.
- Transfer **peppers** to the plate with **toasted almonds**.

5



Sear and roast pork

- [Swap | Chicken Thighs](#)
- [Swap | Tofu](#)
- Reheat the same pan over medium-high.
- Meanwhile, pat **pork** dry with paper towels. Season with **salt** and **pepper**.
- When the pan is hot, add **1 tbsp** (2 **tbsp**) **oil**, then **pork**. Pan-fry until golden, 2-3 min per side. (**NOTE:** Cook in 2 batches for 4 ppl.)
- Transfer to a parchment-lined baking sheet. Using a silicone brush, brush **harissa-honey mixture** all over **pork chops**.
- Roast in the **middle** of the oven until cooked through, 8-12 min.**
- Transfer **pork** to a cutting board to rest, 3-5 min.

6



Finish and serve

- Meanwhile, add **couscous**, **raisins**, **spinach**, **peppers**, **almonds**, **mint** and $\frac{1}{2}$ **tbsp** (1 **tbsp**) **lemon juice** to a medium bowl. Stir to combine.
- Add **mayo**, $\frac{1}{2}$ **tbsp** (1 **tbsp**) **honey**, $\frac{1}{4}$ **tsp** ($\frac{1}{2}$ **tsp**) **lemon zest** and $\frac{1}{2}$ **tbsp** (1 **tbsp**) **lemon juice** to another small bowl.
- Season with **salt** and **pepper**, then whisk to combine.
- Thinly slice **pork**.
- Divide **couscous** between plates. Top with **pork**.
- Drizzle **creamy lemon sauce** over top.

Measurements
within steps

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

5 | Sear and roast chicken

[Swap | Chicken Thighs](#)

If you've opted to get **chicken thighs**, cook them in the same way the recipe instructs you to cook the **pork chops****

5 | Sear and roast tofu

[Swap | Tofu](#)

If you've opted to get **tofu**, pat dry with paper towels. Cut **tofu** in half parallel to the cutting board. (**NOTE:** You will have two square tofu steaks per block.) Using a fork, poke **tofu** all over. Season and sear **tofu** in the same way the recipe instructs you to season and sear the **pork chops**. Roast **tofu** in the **middle** of the oven until tender and golden, 6-8 min.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook pork and poultry to minimum internal temperatures of 71°C/160°F and 74°C/165°F, respectively, as size may vary.