

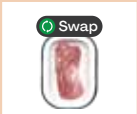


# Smart Pork Chops and Fig Sauce

with Parmesan Parsnip Puree and Feta Salad

Smart Meal

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



Parsnip  
2 | 4



Spring Mix  
113 g | 227 g



Salad Topping Mix  
28 g | 56 g



Fig Spread  
2 tbsp | 4 tbsp



Whole Grain Mustard  
1 tbsp | 2 tbsp



Red Wine Vinegar  
1 tbsp | 2 tbsp



Feta Cheese, crumbled  
1/4 cup | 1/2 cup



Parmesan Cheese, shredded  
1/4 cup | 1/2 cup



Chicken Broth Concentrate  
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** | Butter, oil, salt, pepper

**Cooking utensils** | Aluminum foil, baking sheet, large bowl, large pot, measuring cups, measuring spoons, medium non-stick pan, paper towels, parchment paper, potato masher, strainer

1



### Prep and cook parsnips

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

- Peel then cut **parsnips** into ½-inch pieces.
- Add **parsnips**, **2 tsp salt** and enough water to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium-high. Simmer uncovered until fork-tender, 12-16 min.

4



### Finish mash and rest pork

- Drain and return **parsnips** to the same pot, off heat. Mash **Parmesan** and **1 tbsp** (2 tbsp) **butter** into **parsnips** until creamy. Season with **salt** and **pepper**, to taste.
- When cooked, transfer **pork** to a cutting board and cover loosely with foil to rest, 2-3 min.

2



### Sear and roast pork

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

- Meanwhile, heat a medium non-stick pan over medium-high heat (large pan for 4 ppl).
- While pan heats, pat **pork** dry with paper towels. Season with **salt** and **pepper**.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **pork**. Pan-fry until golden, 2-3 min per side. Transfer **pork** to a parchment-lined baking sheet. Reserve fat in pan.
- Roast in the **middle** of the oven until cooked through, 7-10 min.\*\*

5



### Make fig pan sauce

- While **pork** rests, add **broth concentrate**, **remaining fig spread**, **remaining mustard**, **½ tbsp** (1 tbsp) **butter** and **¼ cup** (½ cup) **water** to pan used to cook **pork**. Bring to a simmer over medium-high. Cook, stirring often until smooth, 1-2 min.
- Remove from heat.

3



### Finish prep

- Add **vinegar**, **half the fig spread**, **half the mustard** and **½ tbsp** (1 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**. Stir to mix.
- Top with **spring mix** and **salad topping mix**. Do not mix until step 6.

6



### Finish and serve

- Toss **salad**.
- Thinly slice **pork**.
- Divide **pork**, **parsnip mash** and **salad** between plates
- Spoon **pan sauce** over **pork**.
- Sprinkle **feta** over **salad**.

Measurements  
within steps

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

## 2 | Sear and roast pork

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

If you've opted to get **pork tenderloin**, sear it in the same way the recipe instructs you to sear the **pork chops**. Increase sear time to 6-8 min, then increase the roast time to 14-18-min.

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