

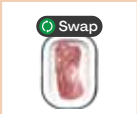


Cal Smart Cranberry-Mustard Pork Chops

with Wild Rice and Roasted Veggies

Smart Meal

35 Minutes



Pork

Tenderloin
340 g | 680 g

Customized Protein

+ Add

Swap

or

x2 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



Wild Rice Medley
½ cup | 1 cup



Sweet Potato
1 | 2



Sweet Bell Pepper
1 | 2



Sugar Snap Peas
113 g | 227 g



Parsley
7 g | 14 g



Garlic Salt
1 tsp | 2 tsp



Vegetable Stock Powder
1 tbsp | 2 tbsp



Cranberry Spread
2 tbsp | 4 tbsp



Whole Grain Mustard
1 tbsp | 2 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.*

Ingredient quantities 56 g | 113 g
2-serving | 4-serving

Pantry items | Butter, oil, salt, pepper

Cooking utensils | 2 baking sheets, measuring cups, measuring spoons, medium non-stick pan, medium pot, paper towels, parchment paper, small bowl, strainer, vegetable peeler

1



Cook rice

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Using a strainer, rinse **rice** until water runs clear.
- In a medium pot, stir together **wild rice medley**, **half the stock powder**, $\frac{1}{8}$ tsp ($\frac{1}{4}$ tsp) **salt** and **1 cup** (2 cups) **water**. Bring to a boil over high.
- Once boiling, reduce heat to medium-low. Cover and cook for 20-24 min, until **rice** is tender and liquid is absorbed. Remove the pot from heat. Set aside, still covered.

2



Prep and roast veggies

- Line a baking sheet with parchment paper.
- Core, then cut **pepper** into $\frac{1}{4}$ -inch slices.
- Peel, then halve **sweet potatoes** lengthwise.
- Cut **sweet potatoes** into $\frac{1}{4}$ -inch half-moons.
- To the prepared baking sheet, add **peppers**, **sweet potatoes**, **half the garlic salt** and $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil**. Season with **pepper**. Toss to coat.
- Roast **veggies** in the **middle** of the oven for 18-24 min, flipping halfway through, until tender and golden.

3



Cook pork

Swap | **Pork Tenderloin**

- Heat a medium non-stick pan over medium (large pan for 4 servings).
- While the pan heats, pat **pork** dry with paper towels. Season with **remaining garlic salt** and **pepper**.
- When the pan is hot, add **1 tbsp** (2 **tbsp**) **butter**. Swirl pan for 30 sec, until **butter** melts.
- Add **pork** and pan-fry for 1-2 min per side, until golden.
- Transfer **pork** to another parchment-lined baking sheet. Roast in the **top** of the oven for 8-10 min, until cooked through.**

4



Finish prep

- Meanwhile, halve **snap peas**.
- Roughly chop **parsley**.
- To a small bowl, add **cranberry spread**, **whole grain mustard**, **remaining stock powder** and **2 tbsp** (4 **tbsp**) **water**. Stir to combine.

5



Finish snappy wild rice

- When **pork** is cooked, transfer to a plate. Rest **pork**, covered, for 2-3 min.
- Reheat the pan over medium.
- Add **snap peas** and **2 tbsp** ($\frac{1}{4}$ cup) **water**. Season with **salt** and **pepper**. Cook for 1-2 min, stirring occasionally, until **peas** are tender-crisp and bright green. (**TIP**: Be sure to scrape up any browned bits from the pan for extra flavour!)
- Fluff **rice** with a fork. Stir in **snap peas** and **half the parsley**.

6



Finish and serve

- Reheat the pan over low. Add **cranberry sauce mixture** as well as any **pork resting juices** from the plate. Cook for 1 min, stirring often, until warmed through and lightly thickened. (**TIP**: If sauce thickens too quickly, add water, 1 **tbsp** at a time.)
- Thinly slice **pork chops**.
- Divide **rice**, **pork** and **veggies** between plates.
- Spoon **cranberry sauce** over **pork**.
- Sprinkle **remaining parsley** over top.

Measurements within steps | **1 tbsp** (2 **tbsp**) **oil**
2-serving 4-serving Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Cook pork

Swap | **Pork Tenderloin**

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

** Cook to a minimum temperature of 160°F.