

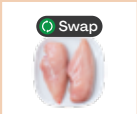


Mediterranean-Inspired Pork Chops

with Sun-Dried Tomato Pesto Orzo

Protein Plus

30 Minutes



Chicken Breasts
2 | 4

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



Orzo
170 g | 340 g



Zucchini
1 | 2



Sweet Bell Pepper
1 | 2



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



Sun-Dried Tomato Pesto
1/4 cup | 1/2 cup



Yogurt Sauce
3 tbsp | 6 tbsp



Vegetable Stock Powder
7 1/2 g | 15 g



White Wine Vinegar
1/2 tbsp | 1 tbsp



Garlic Salt
4 g | 8 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 | Sugar, butter, oil, salt, pepper

Cooking utensils | Baking sheet, large bowl, 2 large non-stick pans, large pot, measuring cups, measuring spoons, medium pot, paper towels, strainer, whisk

1



Cook orzo

- Before starting, preheat the oven to 425 °F.
- Wash and dry all produce.
- Bring a large pot of salted water to a boil over high.
- To a medium pot, add **6 cups water** and **1 tsp salt** (use same for 4 servings). Cover and bring to a boil over high heat.
- To the boiling water, add **orzo**. Cook for 8-10 min, stirring occasionally, until tender but still firm to the bite. Strain **orzo**, then return to the pot, off heat.
- Stir in **stock powder** and **1 tbsp** (2 tbsp) **butter**.

4



Finish orzo

- To a large bowl, add **pesto**, **half the vinegar** (use all for 4 servings), **½ tsp** (1 tsp) **sugar** and **1 tbsp** (2 tbsp) **oil**. Season with **pepper** and **remaining garlic salt**, then whisk to combine.
- To the bowl, add **veggies**, **orzo** and **half the feta**. Stir to combine.

2



Prep and cook veggies

- Meanwhile, core, then cut **pepper** into ¼-inch pieces.
- Quarter **zucchini** lengthwise, then cut into ¼-inch pieces.
- Heat a large non-stick pan over medium.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **peppers** and **zucchini**. Cook for 3-4 min, stirring often, until tender-crisp. Season with **salt** and **pepper**.

5



Finish and serve

- Thinly slice **pork**.
- Add **any pork resting juices** to the **orzo**.
- Divide **orzo** between plates. Top with **pork chops**.
- Drizzle **yogurt sauce** over top, then sprinkle with **remaining feta**.

3



Sear and roast pork

- Pat **pork** dry with paper towels. Season all over with **pepper** and **half the garlic salt**.
- Heat another large non-stick pan over medium-high.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **pork**. Pan-fry for 2-3 min per side, until golden, then transfer **pork** to an unlined baking sheet.
- Roast in the **middle** of the oven for 8-12 min, until cooked through.**
- When **pork** is done, transfer to a cutting board to rest for 3-5 min.

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

For 6 servings

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 | Sear and roast chicken

🔄 Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, sear in the same way the recipe instructs you to sear **pork chops**, then increase the roast time to 12-14 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 to a minimum internal temperature of 160°F, as size may vary, and cook chicken to a minimum internal temperature of 165°F, as size may vary.