



CAJUN SPICE-RUBBED PORK

with Bulgur Wheat, Garlicky Savoy Cabbage and Tomato Sauce



HELLO

CAJUN SPICE BLEND

A smoked paprika and herb-based seasoning
with southern swagger

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 453



Pork Chops



Vegetable Broth
Concentrate



Shallot



Garlic



Plum Tomatoes



Bulgur Wheat



Cajun Spice
Blend



Honey



Cayenne



Savoy Cabbage,
sliced

BUST OUT

- Small Pot
- Measuring Cups
- Medium Bowl
- Large Non-Stick Pan
- Medium Pan
- Salt
- Pepper
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

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|-------------------------------|-------------------|-------------------|
| • Pork Chops | 1 pkg
(340 g) | 2 pkg
(680 g) |
| • Vegetable Broth Concentrate | 1 | 2 |
| • Shallot | 1 | 2 |
| • Garlic | 1 pkg
(10 g) | 2 pkg
(20 g) |
| • Plum Tomatoes | 400 g | 800 g |
| • Bulgur Wheat 1 | 1 pkg
(113 g) | 2 pkg
(227 g) |
| • Cajun Spice Blend | 1 pkg
(1 tbsp) | 2 pkg
(2 tbsp) |
| • Honey | 1 pkg
(1 tbsp) | 2 pkg
(2 tbsp) |
| • Cayenne 🌶️ | 1 pkg
(1 tsp) | 1 pkg
(1 tsp) |
| • Savoy Cabbage, sliced | 1 pkg
(170 g) | 2 pkg
(340 g) |

ALLERGENS

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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|------------------------|----------------------|
| 0 Seafood/Fruit de Mer | 5 Tree Nut/Noix |
| 1 Wheat/Blé | 6 Mustard/Moutarde |
| 2 Milk/Lait | 7 Peanut/Cacahuète |
| 3 Egg/Oeuf | 8 Sesame/Sésame |
| 4 Soy/Soja | 9 Sulphites/Sulfites |

START STRONG

Got some extra time? Let the pork sit in the marinade for 30 minutes to really absorb the flavour!

BBQ TIP: Instead of pan-frying, grill pork chops over medium heat, 3-6 min per side, until cooked to 160°F.



1 COOK BULGUR

Wash and dry all produce. In a small pot, bring **1 cup salted water** (double for 4 people) and the **broth concentrate(s)** to a boil. Peel, then finely chop the **shallot(s)**. Mince or grate the **garlic**. Cut the **tomatoes** into ½-inch pieces. Add the **bulgur** to the boiling water and remove from heat. Cover with a lid and let stand until tender and water has been absorbed, 16-18 min.



2 PREP PORK

Meanwhile, in a medium bowl, combine the **spice blend**, **½ pkg honey** (1 pkg for 4 people) and as much **cayenne** as you like. Season with **salt** and **pepper**. Add the **pork**, then coat in the **spice rub**.



3 COOK PORK

Heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the **pork**. (Reserve the **spice rub** in the bowl – we'll use it to flavour our sauce later!) Cook until the bottom of pork is golden-brown, 4-5 min. Reduce the heat to medium-low. Flip the pork over. Cover and cook until the pork is golden-brown and cooked through, 4-5 min. (**TIP:** Cook to a minimum internal temperature of 160°F.)



4 MAKE SAUCE

Add a drizzle of **oil** and the **shallots** to the pan. Cook, stirring occasionally, until the shallots soften, 4-5 min. Add the **tomatoes**, **remaining spice rub** (in the bowl) and **remaining honey**. Cook until the tomatoes break down and the sauce thickens, 7-8 min. Season with **salt** and **pepper**.



5 WILT CABBAGE

Meanwhile, heat a medium pan over medium heat. Add a drizzle of **oil**, then the **garlic** and **cabbage**. Stir until wilted, 1-2 min. Season with **salt** and **pepper**.



6 FINISH AND SERVE

Fluff the **bulgur** with a fork. Thinly slice the **pork**. Divide the bulgur between plates and top with the pork. Drizzle over the **tomato sauce**. Serve the **cabbage** to the side.

AWESOME!

Bulgur is a whole-grain food, which is a good source of fibre