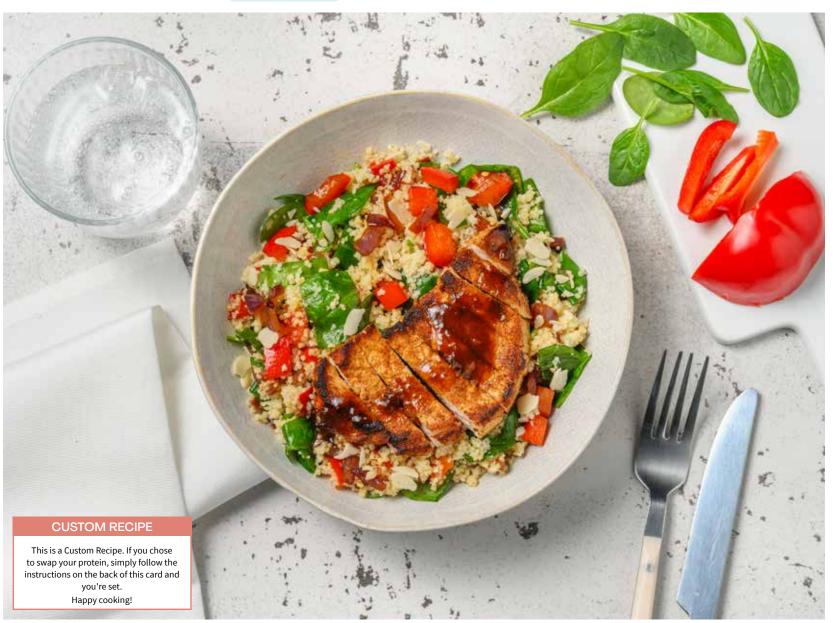


# Cal Smart Moroccan-Inspired Pork Chops

with Jewelled Couscous and Fig Sauce

Calorie Smart

35 Minutes





Pork Chops, boneless





Couscous











**Baby Spinach** 

**Red Onion** 





Almonds, sliced





Fig Spread



Moroccan Spice Blend



Garlic Salt

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

#### **Bust out**

Baking sheet, measuring spoons, medium pot, small bowl, measuring cups, large non-stick pan, paper towels

## Ingredients

3. 5 3. 5		
	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Chicken Breasts •	2	4
Couscous	½ cup	1 cup
Sweet Bell Pepper	160 g	320 g
Red Onion	113 g	226 g
Baby Spinach	56 g	113 g
Almonds, sliced	28 g	56 g
White Cooking Wine	4 tbsp	8 tbsp
Fig Spread	2 tbsp	4 tbsp
Moroccan Spice Blend	½ tbsp	1 tbsp
Garlic Salt	½ tsp	1 tsp
Oil*		

Salt and Pepper\*

- \* Pantry items
- \*\* Cook pork to a minimum internal temperature of 71°C/160°F and poultry to a minimum internal temperature of 74°C/165°F, as size may vary.
- \* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## **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.

## Contact

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#### Prep

- Roughly chop spinach.
- Peel, then cut onion into 1/4-inch pieces.
- Core, then cut **pepper** into ½-inch pieces.
- Pat pork dry with paper towels. Season with half the Moroccan Spice Blend (use all for 4 ppl), salt and pepper.

If you've opted to get **chicken breasts**, prepare and sear them in the same way the recipe instructs you to prepare and sear the **pork chops**, then increase the roast time to 10-12 min.\*\*



## Cook veggies

- Meanwhile, reheat the same pan (from step 2) over medium.
- When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **peppers** and **onions**. Cook, stirring occasionally, until tender-crisp, 3-4 min. Season with **salt** and **pepper**.
- Transfer veggies to a plate, then cover to keep warm.
- Carefully wipe the pan clean.



# Sear and roast pork chops

- Heat a large non-stick pan over mediumhigh heat.
- When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **pork**. Pan-fry until golden, 2-3 min per side.
- Remove from heat, then transfer **pork** to an unlined baking sheet.
- Roast in the **middle** of the oven until cooked through, 8-12 min.\*\*
- When done, transfer **pork** to a plate to rest for 3-5 min.



## Prep and cook couscous

- Meanwhile, add ¾ cup water and ¼ tsp garlic salt (dbl both for 4 ppl) 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.
- Add **spinach** to the pot, then cover and let stand for 5 min.
- When **couscous** is tender, fluff with a fork.



#### Make sauce

- Reheat the same pan over medium.
- When hot, add cooking wine, fig spread,
  tsp garlic salt and 2 tbsp water (dbl both for 4 ppl). Bring to a simmer. Cook, until sauce reduces slightly, 2-3 min.
- Remove from heat. Stir any pork resting juices from the plate into sauce. Transfer sauce to a small bowl.

Stir **any chicken resting juices** from the plate into the **sauce**.



#### Finish and serve

- Add almonds, peppers and onions to the pot with couscous. Season with salt and pepper, to taste, then stir to combine.
- Thinly slice pork.
- Divide **couscous** between plates. Top with **pork**.
- Spoon fig sauce over pork.

Thinly slice **chicken**. Divide **couscous** between plates. Top with **chicken**. Spoon **fig sauce** over the **chicken**.

