













# Cal Smart Moroccan-Inspired Pork Chops with Jewelled Couscous and Fig Sauce

Calorie Smart 35 Minutes



**CUSTOM RECIPE**  
This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!

-  Pork Chops, boneless
-  Chicken Breasts
-  Couscous
-  Sweet Bell Pepper
-  Red Onion
-  Baby Spinach
-  Almonds, sliced
-  White Cooking Wine
-  Fig Spread
-  Moroccan Spice Blend
-  Garlic Salt

HELLO MOROCCAN SPICE BLEND  
*This blend of North African spices is warm and aromatic!*

## 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

	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 tsp	1 tsp
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 ¼-inch pieces.
- Core, then cut **pepper** into ¼-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 medium-high 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.



## Make sauce

- Reheat the same pan over medium.
- When hot, add **cooking wine**, **fig spread**, **¼ 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**.



## 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.



## 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**.

## Dinner Solved!