



Cal Smart Pork Peperonata

with Pearl Couscous

Calorie Smart

30 Minutes



Pork Chops,
boneless



Red Onion



Sweet Bell Pepper



Basil



Israeli Couscous



Garlic Puree



Roma Tomato



Tomato Sauce Base



Italian Seasoning

HELLO ISRAELI COUSCOUS

Israeli couscous is a pasta shaped like a grain!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

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

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Red Onion	113 g	226 g
Sweet Bell Pepper	320 g	640 g
Basil	7 g	14 g
Israeli Couscous	¾ cup	1½ cup
Garlic Puree	1 tbsp	2 tbsp
Roma Tomato	80 g	160 g
Tomato Sauce Base	2 tbsp	4 tbsp
Italian Seasoning	1 tbsp	2 tbsp
Unsalted Butter*	½ tbsp	1 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F, as size may vary.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

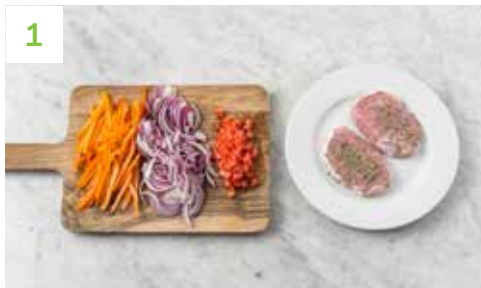
Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.

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1



Prep

Peel, then cut **onion** into ¼-inch slices. Core, then cut the **peppers** into ¼-inch slices. Cut **tomato** into ¼-inch pieces. Pat **pork** dry with paper towels, then season with **Italian Seasoning, salt** and **pepper**.

2



Cook pork

Heat a large non-stick pan over medium-high heat. When hot, add **1 tsp oil** (dbl for 4 ppl), then **pork**. Sear until golden-brown, 2-3 min per side, then transfer directly to a baking sheet. Bake **pork** in the **middle** of the oven until cooked through, 8-10 min.**

3



Make couscous

While **pork** cooks, heat a medium pot over medium-high heat. When hot, add **1 tsp oil** (dbl for 4 ppl), then **couscous**. Cook, stirring often, until **couscous** is slightly golden, 2-3 min. Add **1 ½ cups water** and **1 tsp salt** (dbl both for 4 ppl). Cover and bring to a boil over high heat. Once boiling, reduce heat to medium-low. Simmer, still covered, until **couscous** is tender, 6-8 min. Drain and return **couscous** to the same pot, off heat.

4



Make peperonata

Reheat the same pan (from step 2) over medium-high. When hot, add **1 tsp oil**, then **peppers** and **onions**. Season with **salt**. Cook, stirring often, until **peppers** soften, 4-5 min. Add **tomato sauce base, tomatoes, garlic puree** and **¼ cup water** (dbl for 4 ppl). Cook, stirring often, until **sauce** thickens, 2-3 min.

5



Finish and serve

Add **½ tbsp butter** (dbl for 4 ppl) to the **couscous**, then stir to coat. Slice **pork**. Divide **couscous** between plates. Top with **peperonata** and **pork**. Tear **basil** over top the **peperonata**.

Dinner Solved!