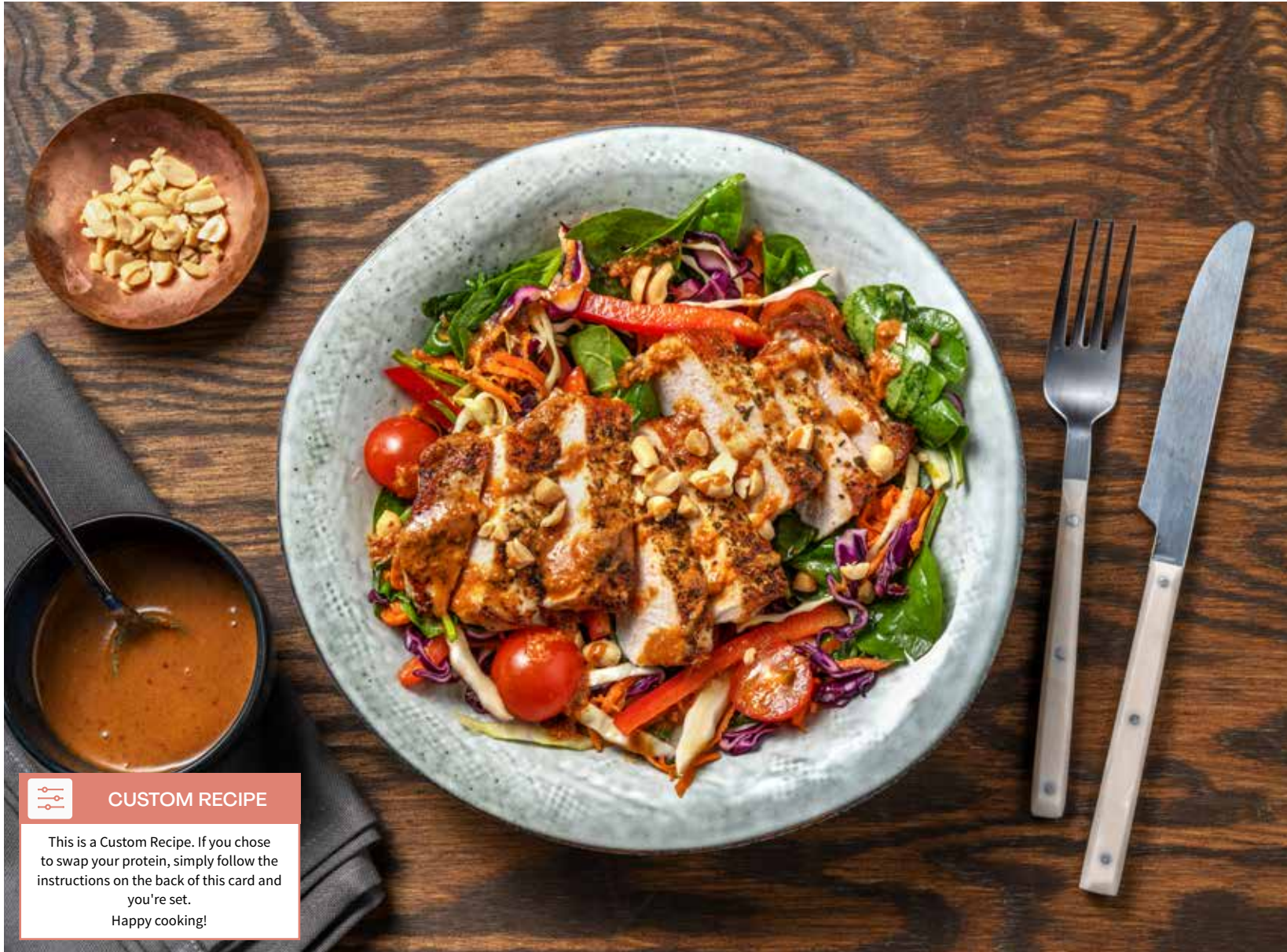




Cal Smart Thai-Style Pork Salad

with Peanut Soy Dressing

Calorie Smart 35 Minutes



Pork Chops, boneless



Pork Tenderloin



Sweet Bell Pepper



Coleslaw Cabbage Mix



Baby Spinach



Peanuts, chopped



Soy Sauce Mirin Blend



Lime



Thai Seasoning



Peanut Butter



Baby Tomatoes



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!

HELLO THAI SEASONING

A rich blend of lemongrass, coconut and aromatic spices!

Start here

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

Bust out

Baking sheet, measuring spoons, zester, large bowl, small bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Pork Tenderloin	340 g	680 g
Sweet Bell Pepper	320 g	640 g
Coleslaw Cabbage Mix	170 g	340 g
Baby Spinach	113 g	227 g
Peanuts, chopped	28 g	56 g
Soy Sauce Mirin Blend	4 tbsp	8 tbsp
Lime	1	2
Thai Seasoning	1 tbsp	2 tbsp
Peanut Butter	32 g	64 g
Baby Tomatoes	113 g	227 g
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 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.

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

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Prep

Core, then cut **peppers** into ¼-inch slices. Zest, then juice **lime**. Halve **tomatoes**.



Prep pork

Pat **pork** dry with paper towels, then season all over with **half the Thai Seasoning** and **salt**.



Cook pork

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, then transfer to an unlined baking sheet. Roast in the **middle** of the oven until cooked through, 10-12 min.**

CUSTOM RECIPE

If you've opted to get **pork tenderloin**, cut **tenderloin** in half crosswise before seasoning. Cook it in the same way the recipe instructs you to cook the **pork chops**.



Make peanut sauce

While **pork** roasts, add **peanut butter**, **remaining Thai Seasoning**, **half the lime juice**, **half the soy sauce mirin blend** and **2 tbsp warm water** (dbl for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then whisk thoroughly to combine.



Make salad

Combine **remaining lime juice**, **lime zest**, **remaining soy sauce mirin blend** and ½ **tbsp oil** (dbl for 4 ppl) in a large bowl. Add **coleslaw cabbage mix**, **spinach**, **tomatoes** and **peppers**. Season with **salt** and **pepper**, then toss to combine.



Finish and serve

Thinly slice **pork**. Divide **salad** between bowls, then top with **pork**. Drizzle **peanut sauce** over top. Sprinkle with **peanuts**.

Dinner Solved!