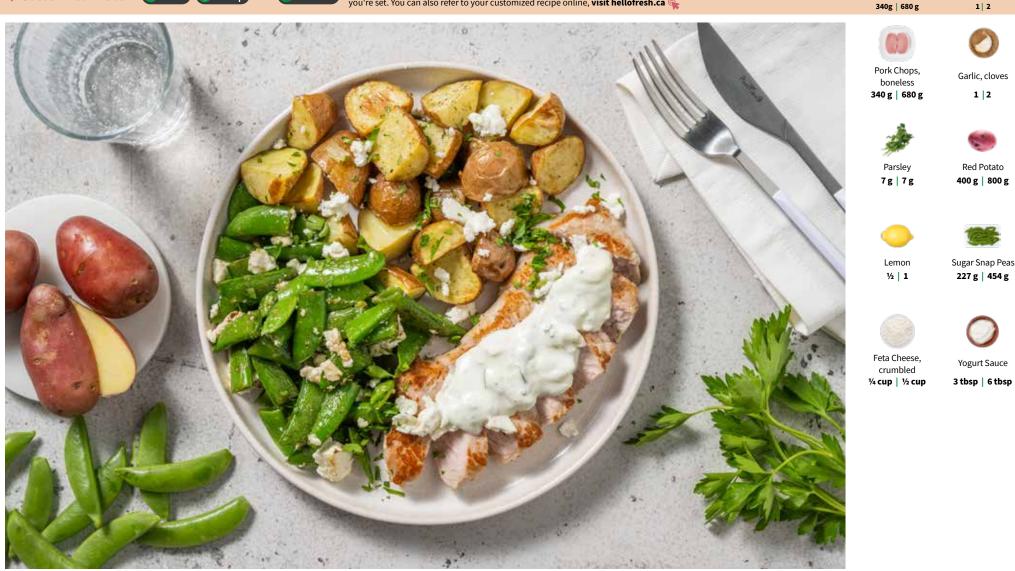


Smart Meal 30 Minutes

☆ Customized Protein + Add ○ Swap or 2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, **visit hellofresh.ca**



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.



🔿 Swap

Tofu

🜔 Swaj

Pork

Tenderloin

Pantry items | Oil, salt, pepper

Cooking utensils | 2 Baking sheets, measuring spoons, zester, large non-stick pan, paper towels



Roast potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Cut potatoes into ½-inch pieces.
- Add potatoes and 1/2 tbsp (1 tbsp) oil to an unlined baking sheet. Season with salt and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and goldenbrown, 22-25 min.



Cook sugar snap peas

- Heat the same pan (from step 2) over medium.
- When the pan is hot, add ¹/₂ tbsp (1 tbsp) oil, then snap peas.
- Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Add garlic. Cook, stirring constantly, until fragrant, 1 min.
- Season with salt and pepper.
- Remove from heat, then stir in lemon zest and half the feta.



Cook pork

🔘 Swap | Pork Tenderloin



- Meanwhile, pat **pork** dry with paper towels. Season all over with **salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **1 tbsp oil**, then **pork**. (NOTE: Don't overcrowd the pan; cook in 2 batches for 4 ppl, using 1 tbsp oil per batch.)
- Pan-fry until golden, 2-3 min per side.
- Remove from heat, then transfer to another unlined baking sheet.
- Roast in the **bottom** of the oven until cooked through, 8-11 min.**



Finish potatoes

- Once potatoes are tender, remove from the oven, then add 1/2 tbsp (1 tbsp) lemon juice and half the parsley to the baking sheet.
- Toss gently to coat potatoes.



Prep

- Meanwhile, trim, then halve snap peas.
- Zest, then juice half the lemon (whole lemon for 4 ppl).
- Roughly chop parsley.
- Peel, then mince or grate garlic.



Finish and serve

- Thinly slice pork.
- Divide pork, potatoes and snap peas between plates.
- Dollop yogurt sauce over pork.
- Sprinkle remaining feta and remaining parsley over everything.



2 Cook pork

O Swap | Pork Tenderloin

If you've opted for **pork tenderloin**, heat a large non-stick pan over medium-high heat. When hot, add 1 tbsp oil, then pork. (NOTE: Don't overcrowd the pan; cook in 2 batches for 4 ppl, using 1 tbsp oil per batch.) Sear, turning occasionally, until golden-brown, 4-5 min. Transfer to an unlined baking sheet. Roast in the **top** of the oven until cooked through, 14-16 min.**

2 Cook tofu

🔿 Swap | Tofu

If you've opted to get **tofu**, pat dry with paper towels. Cut tofu in half parallel to the cutting board. (NOTE: You will have two square tofu steaks per block.) Season **tofu** in the same way the recipe instructs you to season the pork chops. When the pan is hot, add 1 tbsp (2 tbsp) oil, then tofu. Pan fry until golden, 2-3 min per side. Transfer tofu to a plate. Cover to keep warm. No need to roast tofu after panfrying. Plate **tofu** in the same way the recipe instructs you to plate the **pork chops**.



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

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