







# Carb Smart BBQ-Rubbed Pork Chops with Salad and Roasted Broccoli









Smart Meal 25 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](https://www.hellofresh.ca)

 	 
Pork Tenderloin 340 g   680 g	Tofu 1   2



	
Pork Chops, boneless 340 g   680 g	Broccoli 227 g   454 g
	
BBQ Seasoning 1 tbsp   2 tbsp	BBQ Sauce 4 tbsp   4 tbsp
	
Baby Spinach 56 g   113 g	Shallot 1   2
	
White Wine Vinegar 1 tbsp   2 tbsp	Tomato 1   2

**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.

Ingredient quantities	56 g	113 g
	2 person	4 person

**Pantry items** | Oil, salt, pepper, sugar

**Cooking utensils** | Baking sheet, measuring spoons, silicone brush, large bowl, parchment paper, whisk, large non-stick pan, paper towels

1



## Start prep

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

- Cut **broccoli** into bite-sized pieces.
- Add **broccoli** and **1 tbsp** (2 tbsp) **oil** to one side of a parchment-lined baking sheet.
- Season with **salt** and **pepper**, then toss to coat. Set aside.

2



## Cook pork and broccoli

Swap | **Pork Tenderloin**

Swap | **Tofu**

- Pat **pork** dry with paper towels. Season with **BBQ Seasoning** and **salt**.
- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **pork**. Sear until golden-brown, 1-2 min per side.
- Transfer **pork** to the other side of the baking sheet with **broccoli**.
- Brush **half the BBQ sauce** over **pork**.
- Roast **pork** and **broccoli** in the **middle** of the oven, until **broccoli** is tender and **pork** is cooked through, 12-14 min.\*\*

3



## Finish prep

- Meanwhile, peel, then thinly slice **shallot**.
- Cut **tomato** into ¼-inch pieces.

4



## Marinate shallots

- Add **vinegar**, **1 ½ tbsp** (3 tbsp) **oil** and **¼ tsp** (½ tsp) **sugar** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **shallots**, then toss to coat.

5



## Toss salad

- When **pork** is almost done, add **spinach** and **tomatoes** to the large bowl with **shallots**. Toss to combine.

6



## Finish and serve

Swap | **Tofu**

- Slice **BBQ-rubbed pork**.
- Divide **pork**, **salad** and **roasted broccoli** between plates.
- Serve **remaining BBQ sauce** alongside for dipping.

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

## 2 | Cook pork tenderloin

Swap | **Pork Tenderloin**

If you've opted to get **pork tenderloin**, prepare and sear it in the same way the recipe instructs you to prepare and sear the **pork chops**. Increase sear time to 6-8 min, then increase the roast time to 14-18-min.\*\*

## 2 | Cook tofu

Swap | **Tofu**

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

## 6 | Finish and serve

Swap | **Tofu**

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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