

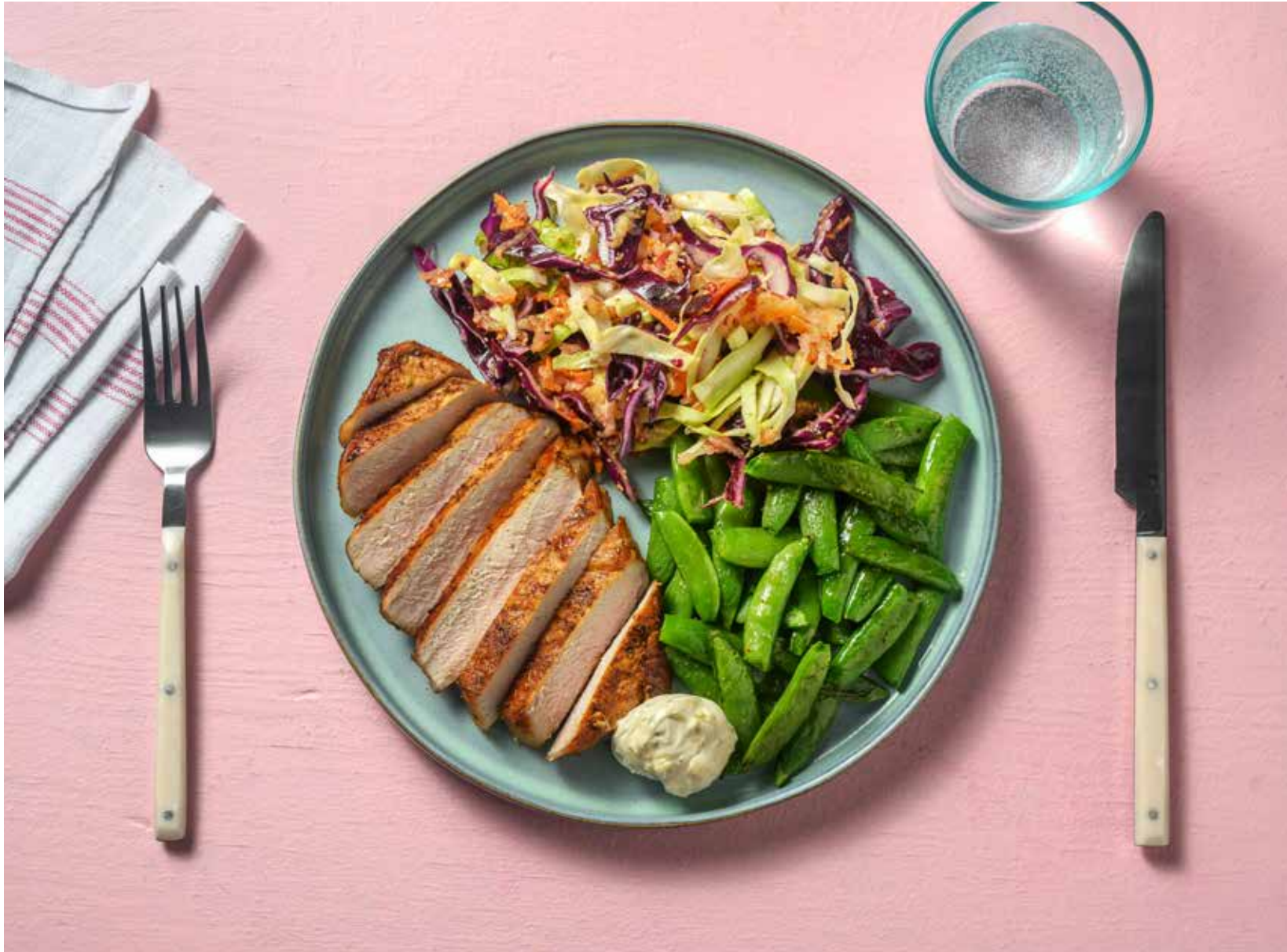


Carb Smart Seared Pork Chops with Broiled Snap Peas and Apple Slaw

Carb Smart

Quick

25 Minutes



Pork Chops,
boneless



Southwest Spice
Blend



Sugar Snap Peas



Gala Apple



Coleslaw Cabbage
Mix



Lemon



Mayonnaise



Whole Grain Mustard



Honey

HELLO SOUTHWEST SPICE BLEND

This blend is crucial in Tex-Mex cuisine and adds Southern flair to this dish!

Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

Bust out

Baking sheet, zester, box grater, aluminum foil, large bowl, small bowl, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Southwest Spice Blend	1 tbsp	2 tbsp
Sugar Snap Peas	227 g	454 g
Gala Apple	1	2
Coleslaw Cabbage Mix	170 g	340 g
Lemon	1	2
Mayonnaise	2 tbsp	4 tbsp
Whole Grain Mustard	1 tbsp	2 tbsp
Honey	1 tbsp	2 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 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.

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Prep and cook pork

Pat **pork** dry with paper towels, then season with **Southwest Spice Blend**, **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **pork**. Pan-fry until golden-brown and cooked through, 4-6 min per side. ** Transfer **pork** to a plate and cover to keep warm.



Make lemon mayo

Add **lemon zest** and **mayo** to a small bowl. Season with **salt** and **pepper**, then stir to combine.



Broil snap peas

While **pork** cooks, trim **snap peas**. Add **snap peas** and **½ tbsp oil** (dbl for 4 ppl) to a foil-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. Broil in the **middle** of the oven until tender-crisp, 3-5 min.



Finish and serve

Thinly slice **pork**. Divide **pork**, **snap peas** and **apple slaw** between plates. Serve **lemon mayo** on the side for dipping.



Make apple slaw

While **snap peas** broil, zest, then juice **lemon**. Combine **honey**, **mustard**, **2 tbsp lemon juice** and **½ tbsp oil** (dbl both for 4 ppl) in a large bowl. Core, then grate **apple** directly into the large bowl with **dressing**. Add **coleslaw cabbage mix**. Season with **salt** and **pepper**, then toss to combine.

Dinner Solved!