



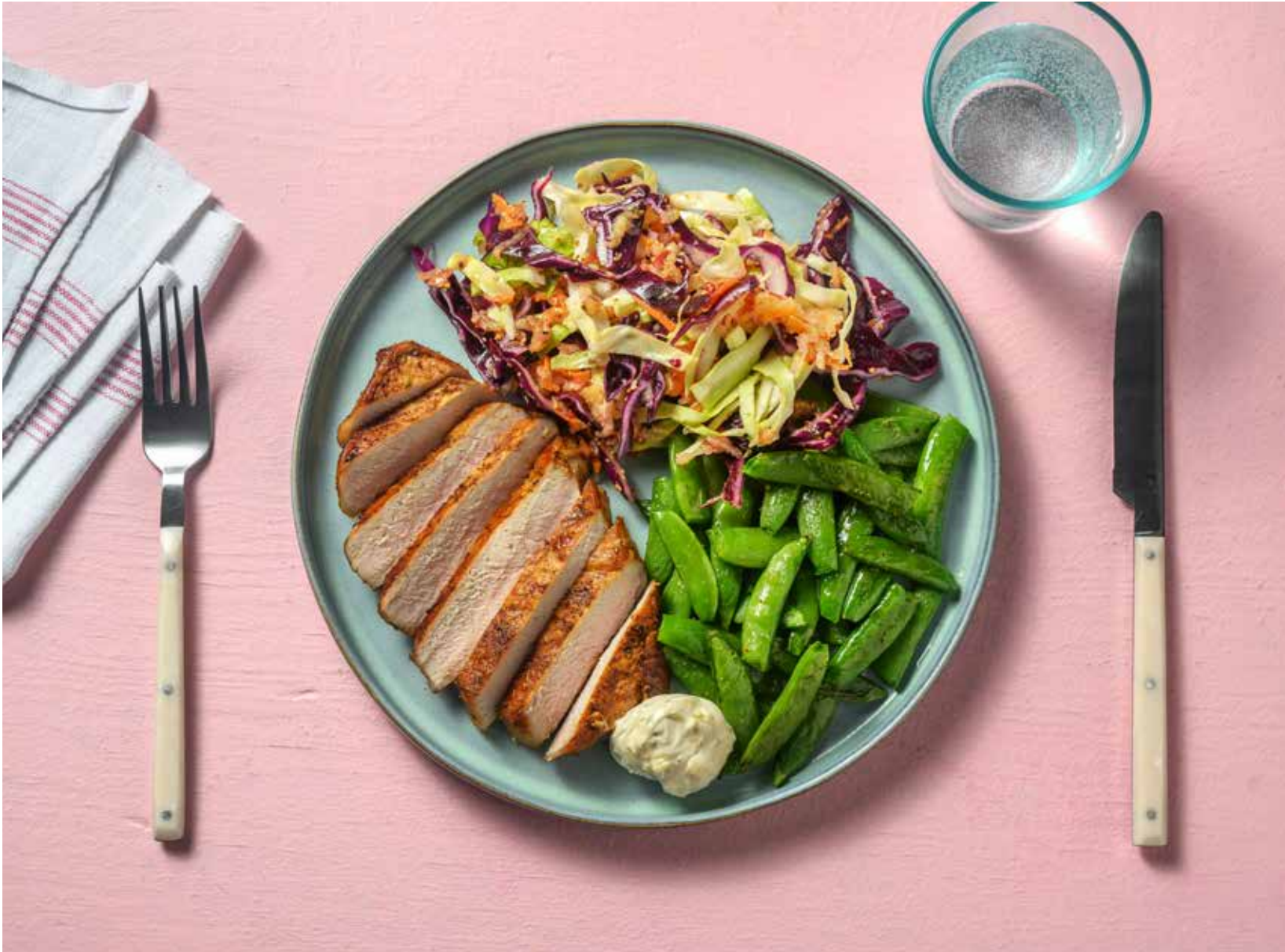
Carb Smart Seared Pork Chops

with 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 LEMON ZEST

Punch up the flavour of mayo with a sprinkle of lemon zest!

Start here

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

Bust out

Baking sheet, measuring spoons, zester, box grater, 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	1
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.

Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



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, 1-2 min per side.
- Transfer **pork** to an unlined baking sheet.
- Roast in the **middle** of the oven until cooked through, 8-12 min.**



Make lemon mayo

- Add **mayo** and **1 tsp lemon zest** (dbl for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine.



Cook snap peas

- Meanwhile, trim **snap peas**.
- Carefully wipe the same pan clean, then reheat over medium-high.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **snap peas**. Season with **salt** and **pepper**. Cook, stirring often, until tender-crisp, 4-5 min.



Finish and serve

- When **pork** is done, transfer to a cutting board to rest for 3-5 min.
- Thinly slice **pork**.
- Divide **pork**, **snap peas** and **apple slaw** between plates.
- Serve **lemon mayo** on the side for dipping.
- Squeeze a **lemon wedge** over top, if desired.



Make apple slaw

- Meanwhile, zest, then juice **half the lemon** (same for 4 ppl). Cut **remaining lemon** into wedges.
- Combine **honey**, **mustard**, **½ tbsp lemon juice** and **1 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!