

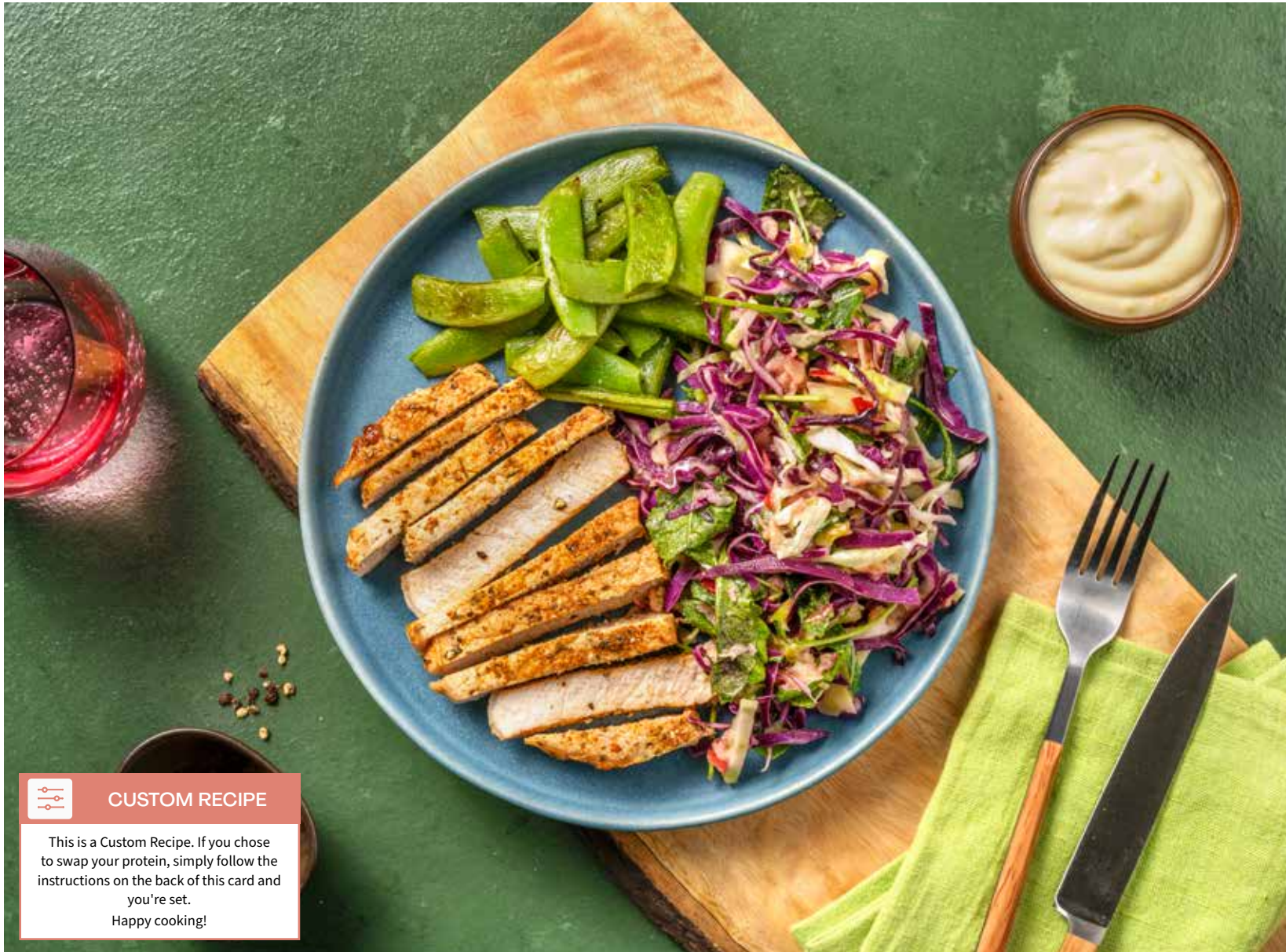


# Carb Smart Seared Pork Chops

with Broiled Snap Peas, Apple Slaw and Lemon Aioli

Carb Smart

25 Minutes



Pork Chops, boneless



Pork Tenderloin



Southwest Spice Blend



Sugar Snap Peas



Gala Apple



Kale Slaw Mix



Lemon



Mayonnaise



Whole Grain Mustard



Honey



### 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 SOUTHWEST SPICE BLEND

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


## Start here

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

## Bust out

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

## Ingredients

|                                                                                                 | 2 Person | 4 Person |
|-------------------------------------------------------------------------------------------------|----------|----------|
| Pork Chops, boneless                                                                            | 340 g    | 680 g    |
|  Pork Tenderloin | 340 g    | 680 g    |
| Southwest Spice Blend                                                                           | 1 tbsp   | 2 tbsp   |
| Sugar Snap Peas                                                                                 | 227 g    | 454 g    |
| Gala Apple                                                                                      | 1        | 2        |
| Kale Slaw Mix                                                                                   | 113 g    | 227 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 our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

*Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.*

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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 to a plate and cover to keep warm.

**CUSTOM RECIPE**

If you've opted to get **pork tenderloin**, prepare in the same way the recipe instructs you to prepare and cook the **pork chops**, cooking for 5-7 min. per side.



## 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.



## Make 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 in to the large bowl with **dressing**. Add **kale slaw mix**. Season with **salt** and **pepper**, then toss to combine.



## Make lemon aioli

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



## Finish and serve

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

## Dinner Solved!