

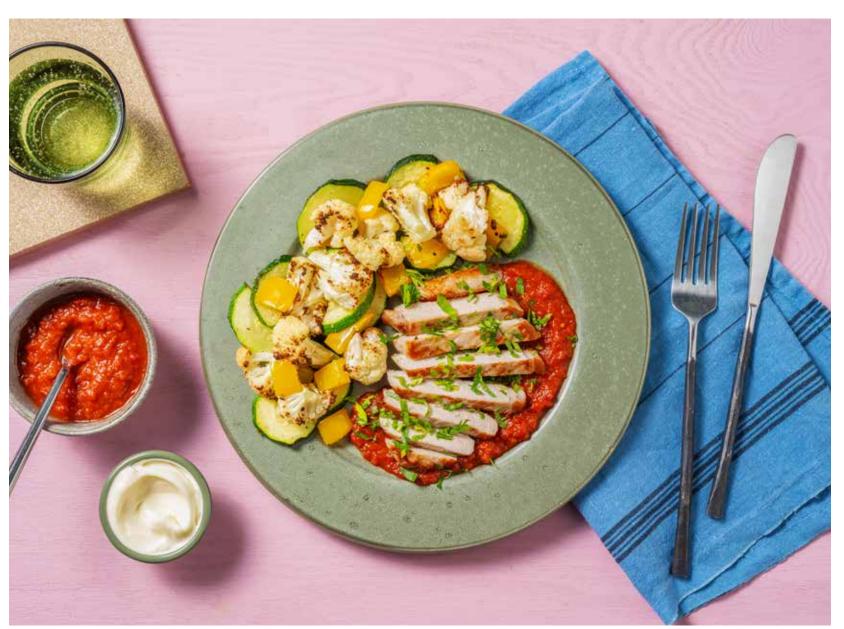
Carb Smart Smoky Pork

with Cauliflower Bravas and Aioli

Carb Smart

Spicy

30 Minutes





Pork Chops, boneless



Cauliflower, florets



Zucchini



Sweet Bell Pepper





Garlic, cloves



Crushed Tomatoes



Chili Garlic Sauce



Smoked Paprika-Garlic Blend



Mayonnaise

Start here

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

Garlic Guide for Step 5 (dbl for 4 ppl):

- Mild: 1/8 tsp
- Medium: 1/4 tsp
- Extra: 1/2 tsp

Bust out

2 Baking sheets, measuring spoons, small bowl, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Cauliflower, florets	285 g	570 g
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Garlic, cloves	1	2
Parsley	7 g	7 g
Crushed Tomatoes	185 ml	370 ml
Chili Garlic Sauce	1 tbsp	2 tbsp
Smoked Paprika-Garlic Blend	1 tbsp	2 tbsp
Mayonnaise	4 tbsp	8 tbsp
Oil*		
Salt and Pepper*		

^{*} Pantry items

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.



Prep

Cut cauliflower into bite-sized pieces. Core, then cut **pepper** into 1-inch pieces. Halve zucchini lengthwise, then cut into ½-inchthick half-moons.



Roast veggies

Add cauliflower, peppers, zucchini and 1 tbsp oil to an unlined baking sheet. (NOTE: For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with salt and pepper, then toss to combine. Roast veggies in the **top** of the oven until tender-crisp, 12-14 min. (NOTE: For 4 ppl, roast in the top and bottom of the oven, rotating sheets halfway through.)



Cook pork

While **veggies** roast, pat **pork** dry with paper towels. Season with salt and pepper, then sprinkle with half the Smoked Paprika-Garlic Blend. Heat a large non-stick pan over medium-high heat. When hot, add 1/2 tbsp oil (dbl for 4 ppl), then pork. Pan-fry until golden-brown, 2-3 min per side. Transfer pork to another unlined baking sheet. Roast pork in the middle of the oven until cooked through, 8-10 min.**



Prep and make aioli

While **pork** and **veggies** roast, roughly chop parsley. Peel, then mince or grate garlic. Stir together mayo and 1/8 tsp garlic in a small bowl. (NOTE: Reference garlic guide.)



Make brava sauce

Heat the same pan over medium-low. Add half the crushed tomatoes (use all for 4 ppl), remaining garlic, remaining Smoked Paprika-Garlic Blend and chili garlic sauce. Season with **salt** and **pepper**. Cook, stirring occasionally, until heated through, 2-3 min.



Finish and serve

Thinly slice pork. Divide brava sauce and veggies between plates. Arrange pork over sauce. Sprinkle parsley over top and serve aioli on the side for dipping.

Dinner Solved!

Contact

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