



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



Parsley



Crushed Tomatoes



Chili Garlic Sauce



Smoked Paprika-
Garlic Blend



Mayonnaise

HELLO SALSA BRAVA

A smoky Spanish sauce, traditionally served over roasted potatoes!

Start here

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

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

- Mild: ½ tsp
- Medium: ¼ tsp
- Extra: ½ 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

** 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

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1 Prep

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



2 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.)



3 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 **½ 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.**



4 Prep and make aioli

While **pork and veggies** roast, roughly chop **parsley**. Peel, then mince or grate **garlic**. Stir together **mayo** and **½ tsp garlic** in a small bowl. (**NOTE:** Reference garlic guide.)



5 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.



6 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!