



# Grilled Turkish-Inspired Pork Chops

with Grilled Veggie Tabouleh and Lemon-Feta Sauce

Grill 30 Minutes



Pork Chops, boneless



Bulgur Wheat



Sweet Bell Pepper



Parsley



Red Onion



Chicken Broth Concentrate



Lemon



Feta Cheese, crumbled



Turkish Spice Blend



Mayonnaise



Zucchini



Mixed Olives

HELLO BULGUR

*A staple in Middle Eastern cuisine, bulgur has a deliciously light and nutty flavour!*

## Start here

- Before starting, wash and dry all produce.
- Lightly oil the grill.
- While you prep, preheat the grill to 500°F over medium-high heat.

Measurements within steps **1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

## Bust out

Medium bowl, measuring spoons, zester, medium pot, large bowl, small bowl, measuring cups, paper towels

## Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Bulgur Wheat	½ cup	1 cup
Sweet Bell Pepper	160 g	320 g
Parsley	7 g	14 g
Red Onion	113 g	226 g
Chicken Broth Concentrate	1	2
Lemon	1	2
Feta Cheese, crumbled	¼ cup	½ cup
Turkish Spice Blend	1 tbsp	2 tbsp
Mayonnaise	2 tbsp	4 tbsp
Zucchini	200 g	400 g
Mixed Olives	30 g	60 g
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 us | (855) 272-7002  
HelloFresh.ca

    @HelloFreshCA



## Cook bulgur

- Add **broth concentrate**, **¾ cup water** (1 ½ cups) and **½ tsp** (1 tsp) **salt** to a medium pot.
- Cover and bring to a boil over high heat. Once boiling, add **bulgur**. Stir to combine, then cover and remove the pot from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 15-16 min.
- Fluff with a fork.



## Grill pork and veggies

- Add **veggies** to one side of the grill. Close lid and grill, flipping once, until **veggies** are tender-crisp, 9-12 min.
- Meanwhile, add **pork** to the other side of the grill. Cook, flipping halfway through, until **pork** is cooked through, 8-10 min.\*\*
- Transfer **pork** to a plate, then cover to keep warm.
- Transfer **veggies** back to the medium bowl.



## Start prep

- Roughly chop **olives**.
- Roughly chop **parsley**.
- Zest, then juice **lemon**.
- Add **lemon zest**, **mayo**, **half the feta** and **½ tbsp** (1 tbsp) **lemon juice** to a small bowl, then stir to combine. Set aside.



## Finish salad

- Remove root and outer layer from **onion quarters**, then cut **onions**, **zucchini** and **peppers** into ½-inch pieces.
- Add **bulgur**, **zucchini**, **onions**, **peppers**, **remaining lemon juice**, **olives**, **remaining feta**, **parsley** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, to taste, then toss to combine.



## Finish prep

- Halve **zucchini** lengthwise.
- Halve **pepper**, then core.
- Peel, then quarter **onion**, leaving the **root** intact.
- Add **veggies**, **1 tbsp** (2 tbsp) **oil** and **half the Turkish Spice Blend** to a medium bowl. Season with **salt** and **pepper**, then toss to combine.
- Set aside.
- Pat **pork** dry with paper towels. Season both sides with **salt**, **pepper** and **remaining Turkish Spice Blend**. Rub with **½ tbsp** (1 tbsp) **oil**.



## Finish and serve

- Thinly slice **pork**.
- Divide **tabbouleh** between plates.
- Top with **grilled pork**.
- Dollop **lemon-feta sauce** over top.

## Dinner Solved!