



Mediterranean Grilled Pork Chops

with Veggie Couscous and Feta

GRILL

30 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Pork Chops, boneless



Couscous



Zucchini



Parsley



Roasted Red Peppers



Red Onion



Mediterranean Spice Blend



Feta Cheese



Balsamic Glaze



Chicken Broth Concentrate

HELLO FETA

Crumbly, salty and a must for Mediterranean meals!

START HERE

- Before starting, wash and dry all produce.
- Lightly oil the grill.
- While you prep, preheat grill to 400°F over medium heat.

Bust Out

Measuring Spoons, Strainer, Medium Pot, Measuring Cups, Paper Towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Couscous	¾ cup	1 ½ cup
Zucchini	200 g	400 g
Parsley	7 g	14 g
Roasted Red Peppers	170 ml	340 ml
Red Onion	56 g	113 g
Mediterranean Spice Blend	1 tbsp	2 tbsp
Feta Cheese	¼ cup	½ cup
Balsamic Glaze	2 tbsp	4 tbsp
Chicken Broth Concentrate	1	2
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.

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1. COOK COUSCOUS

Heat a medium pot over medium heat. When hot, add **1 tbsp oil** (dbl for 4ppl), then **onions** and **half the Mediterranean spice blend**. Stir often, until **onions** are tender, 3-4 min. Add **1 cup water** (dbl for 4ppl) and **broth concentrate(s)**. Bring to a boil over high heat. Remove from heat, then stir in **couscous**. Cover and let stand, until **couscous** is tender and **liquid** is absorbed, 5-6 min. When **couscous** is tender, fluff with a fork.



4. GRILL PORK AND ZUCCHINI

Add **pork** to grill and cook, flipping once, until cooked through, 5-7 min per side.** Add **zucchini** to other side of grill and cook, flipping once, until tender, 2-3 min per side. Remove **zucchini** to a plate to cool slightly while **pork** finishes grilling.



2. PREP

While **couscous** cooks, cut **zucchini** lengthwise into ¼-inch thick slices. Drizzle with **½ tbsp oil** (dbl for 4ppl) and season with **salt** and **pepper**. Drain the **liquid** from the **peppers**. Pat **peppers** dry with paper towels, then finely chop. Roughly chop **parsley**.



5. FINISH COUSCOUS

Roughly chop **zucchini**. Stir **zucchini**, **roasted red peppers** and **half the parsley** into **couscous**. Season with **salt** and **pepper**.



3. SEASON PORK

Pat **pork** dry with paper towels. Sprinkle with **remaining Mediterranean spice blend**. Season with **pepper**.



6. FINISH & SERVE

Thinly slice **pork**. Divide **couscous** between bowls. Top with **pork**. Crumble over **feta** and **remaining parsley**. Drizzle with **balsamic glaze**.

Dinner Solved!