



Pork and Brussels Sprout Salad

with Kale and Mustard Vinaigrette

Carb Smart

35 Minutes



Pork Chops,
boneless



Brussels Sprouts



Gala Apple



Pepitas



Whole Grain Mustard



Thyme



Shallot



Garlic



Baby Kale



Lemon



Garlic Salt

HELLO PAN ROASTED BRUSSELS

Pan-roasted in butter to highlight all the nutty savoury flavours of these tiny cabbages!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust Out

Baking sheet, microplane/zester, measuring spoons, tongs, large bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Brussels Sprouts	227 g	454 g
Gala Apple	1	2
Pepitas	28 g	56 g
Whole Grain Mustard	1 tbsp	2 tbsp
Thyme	7 g	14 g
Shallot	50 g	100 g
Garlic	6 g	12 g
Baby Kale	113 g	227 g
Lemon	1	1
Garlic Salt	¾ tsp	1 ½ tsp
Sugar*	¼ tsp	½ tsp
Unsalted Butter*	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

Strip **1 tbsp thyme leaves** (dbl for 4 ppl) from the stems. Peel, then thinly slice the **shallot**. Quarter the **Brussels sprouts**. Peel, then mince the **garlic**. Zest, then juice the **lemon**. Pat the **pork** dry with paper towels. Season all over with **thyme, half the garlic salt** (use all the garlic salt for 4 ppl), **salt** and **pepper**. Set aside.



Massage kale

Whisk together **mustard, 1 tbsp lemon juice, ½ tsp lemon zest, ¼ tsp sugar** and **2 tbsp oil** (dbl all for 4 ppl) in a large bowl. Season with **salt** and **pepper**. Add the **kale** to the **dressing** and toss with tongs to coat. Set aside.



Cook pork

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, 2-3 min per side. When **pork** is golden, transfer to a baking sheet. Roast, in the **middle** of the oven, until cooked through, 10-12 min.**



Finish salad

Core, then cut **apple** into ¼-inch pieces. Add the **apple** and **Brussels sprouts** to the bowl with the **kale**. Toss to coat.



Cook brussels sprouts

While the **pork** roasts, heat the same pan over medium heat. When hot, add **1 tbsp butter, 1 tsp oil** (dbl both for 4 ppl), then the **shallots, garlic** and **Brussels sprouts**. Cook, stirring often until **Brussels sprouts** are tender-crisp, 8-10 min. Season with **salt** and **pepper**



Finish and serve

Slice the **pork**. Divide the **salad** between plates. Top with the **pork**, then sprinkle with the **pepitas**.

Dinner Solved!