



Pork Chops in Fig Sauce

with Citrusy Couscous

Family Friendly

30 Minutes



Pork Chops,
boneless



Fig Spread



Shallot



Couscous



Lemon



Zucchini



Parsley



Chicken Broth
Concentrate

HELLO PARSLEY

Fresh and green, this herb brings brightness to any dish!

Start here

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

Bust out

Baking sheet, measuring spoons, zester, small pot, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Fig Spread	2 tbsp	4 tbsp
Shallot	50 g	100 g
Couscous	½ cup	1 cup
Lemon	1	1
Zucchini	400 g	800 g
Parsley	7 g	14 g
Chicken Broth Concentrate	1	2
Unsalted Butter*	2 tbsp	4 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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Prep

Roughly chop **parsley**. Peel, then thinly slice **shallot** into 1/8-inch slices. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges. Halve **zucchinis** lengthwise, then cut into 1/4-inch-thick half moons. Pat **pork** dry with paper towels, then season with **salt** and **pepper**.



Make fig sauce

Heat the same pan over medium. When hot, add **2 tbsp butter** (dbl for 4 ppl), then **shallots**. Cook, stirring often, until golden, 2-3 min. Stir in **fig spread** and **½ cup water** (dbl for 4 ppl). Cook, stirring often, until **sauce** thickens slightly, 3-4 min. Add **½ tbsp lemon juice** (dbl for 4 ppl). Season with **salt** and **pepper**, then stir to combine.



Make couscous

Add **¾ cup water** (dbl for 4 ppl) and **broth concentrate** to a small pot. Bring to a boil over high heat. Once boiling, remove the pot from heat, then add **couscous**. Stir to combine. Cover and let stand for 5 min.



Finish couscous

Fluff **couscous** with a fork, then add **lemon zest** and **half the parsley**. Season with **salt** and **pepper**, then stir to combine.



Cook pork and zucchini

Meanwhile, 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. Meanwhile, to one side of an unlined baking sheet, add **zucchini** and **1 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**, then toss to coat. When **pork** is golden, transfer to the other side of the baking sheet. Roast in the **middle** of the oven until **zucchini** is tender and **pork** is cooked through, 10-12 min.**



Finish and serve

Slice **pork**. Divide **couscous**, **zucchini** and **pork** between plates. Drizzle **fig sauce** over **pork** and sprinkle with **remaining parsley**. Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!