



# Savoury Seared Pork Chops

with Roasted Asparagus, Apple Slaw and Lemon Aioli

Carb Smart

25 Minutes



Pork Chops,  
boneless



Asparagus



Kale Slaw Mix



Mayonnaise



Honey



Southwest Spice  
Blend



Gala Apple



Lemon



Whole Grain Mustard

HELLO GALA

*A traditional pork pairing, this juicy apple adds a crisp and ever-so-sweet element to the slaw.*

## Start here

- Before starting, preheat your broiler to high.
- Wash and dry all produce.

## Bust Out

Baking sheet, microplane/zester, box grater, aluminum foil, large bowl, small bowl, large non-stick pan, paper towels

## Ingredients

|                       | 2 Person | 4 Person |
|-----------------------|----------|----------|
| Pork Chops, boneless  | 340 g    | 680 g    |
| Southwest Spice Blend | 1 tbsp   | 2 tbsp   |
| Asparagus             | 227 g    | 454 g    |
| Gala Apple            | 1        | 2        |
| Kale Slaw Mix         | 113 g    | 227 g    |
| Lemon                 | 1        | 2        |
| Mayonnaise            | 2 tbsp   | 4 tbsp   |
| Whole Grain Mustard   | 1 tbsp   | 2 tbsp   |
| Honey                 | 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.*

## Contact

Share your photos #HelloFreshLife  
Call or email us | (855) 272-7002  
hello@hellofresh.ca  
HelloFresh.ca



## Prep and cook pork

Pat **pork** dry with paper towels. Season with **Southwest Spice Blend**, **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **pork**. Pan-fry, until golden-brown and cooked through, 4-6 min per side.\*\* Transfer to a plate and set aside.



## Make lemon aioli

Stir together **lemon zest** and **mayonnaise** in a small bowl. Season with **salt** and **pepper**.



## Broil asparagus

While the **pork** cooks, trim and discard the bottom 1-inch of **asparagus**. Add **asparagus** and **½ tbsp oil** (dbl for 4 ppl) to a foil-lined baking sheet. Season with **salt** and **pepper**, then toss to combine. Broil in the middle of the oven until tender-crisp, 3-5 min.



## Finish and serve

Thinly slice **pork**. Divide **pork**, **asparagus** and **apple slaw** between plates. Serve **lemon aioli** on the side, for dipping.

## Dinner Solved!



## Make slaw

While **asparagus** broils, zest, then juice **lemon**. Mix together **honey**, **whole grain mustard**, **2 tbsp lemon juice** and **½ tbsp oil** (dbl both for 4 ppl) in a large bowl. Core then grate the **apple** directly in to the bowl with **dressing**. Add **kale slaw mix**, then season with **salt** and **pepper**. Toss to combine.