HELLO FRESH

Smart Apricot and Chipotle Pork Chops
with Broccoli Couscous

Carb Smart · Calorie Smart · Quick · 25 Minutes

×2 Double
Pork Chops, boneless
680 g | 1360 g

↻ Swap
Tofu
1 | 2

Pork Chops, boneless
340 g | 680 g

Apricot Spread
2 tbsp | 4 tbsp

Chipotle Sauce
2 tbsp | 4 tbsp

Couscous
¼ cup | ½ cup

Broccoli, florets
227 g | 454 g

Garlic Salt
¾ tsp | 1 ½ tsp

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.

Ingredient quantities: 56g (2 person) | 113g (4 person)

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

1 — Prep

- Before starting, wash and dry all produce.
- Roughly chop **broccoli** into ½-inch pieces.
- Whisk together **apricot spread**, **chipotle sauce** and **¼ cup** (½ cup) **water** in a small bowl. Set aside.

2 — Cook couscous

- Add **broccoli**, **⅔ cup** (1 ⅓ cups) **water** and **¼ tsp** (½ tsp) **garlic salt** to a medium pot.
- Cover and bring to a boil over high heat.
- Once boiling, remove from heat, then add **¼ cup** (½ cup) **couscous**. Stir to combine.
- Cover and let stand, 5 min.

3 — Prep and cook pork

×2 Double | Pork Chops
◊ Swap | Tofu

- Meanwhile, pat **pork** dry with paper towels, then season with **½ tsp** (1 tsp) **garlic salt** and **pepper**.
- Heat a large non-stick pan over medium heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **pork**.
- Pan-fry until golden, 2-3 min per side, then transfer **pork** to an unlined baking sheet.
- Roast in the **middle** of the oven until cooked through, 8-12 min.**

4 — Make sauce

- Add **apricot-chipotle sauce mixture** to the same pan.
- Cook, stirring occasionally, until **sauce** thickens slightly, 2-3 min.
- Season with **salt** and **pepper**, to taste.

5 — Finish and serve

◊ Swap | Tofu

- When **couscous** is tender, fluff with a fork. Stir in **1 tbsp** (2 tbsp) **butter**.
- When **pork** is done, transfer to a plate to rest for 3-5 min, then thinly slice.
- Divide **broccoli couscous** between plates.
- Top with **pork**. Drizzle **apricot sauce** over top.

** Cook to a minimum internal temperature of 71°C/160°F, as size may vary.

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3 | Prep and cook pork

×2 Double | Pork Chops

If you've opted for **double pork chops**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **regular portion of pork chops**. Work in batches, if necessary.

3 | Prep and cook tofu

◊ Swap | Tofu

If you've opted to get **tofu**, pat dry with paper towels. Cut in half, parallel to the cutting board. (NOTE: You will have 2 tofu "steak" squares.) Season with **¼ tsp** (½ tsp) **garlic salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Cook, flipping once, until crispy, 2-3 min per side. Transfer to a plate. Set aside.

5 | Finish and serve

◊ Swap | Tofu

Thinly slice **tofu**. Top final plates with **tofu**. Drizzle **apricot sauce** over top.