



Smart Apricot Pork Salad

with Lentils and Almonds

Carb Smart Calorie Smart 30 Minutes



Pork Chops, boneless



Lentils



Apricot Spread



Spring Mix



Whole Grain Mustard



White Wine Vinegar



Garlic Salt



Almonds, sliced



Granny Smith Apple



Goat Cheese

HELLO APRICOT SPREAD

Tart, sweet and perfect for sauces and dressings!

Start here

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

Bust out

Baking sheet, measuring spoons, large bowl, whisk, large non-stick pan, paper towels, strainer

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Lentils	370 ml	740 ml
Apricot Spread	2 tbsp	4 tbsp
Spring Mix	56 g	113 g
Whole Grain Mustard	1 tbsp	2 tbsp
White Wine Vinegar	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Almonds, sliced	28 g	56 g
Granny Smith Apple	1	2
Goat Cheese	28 g	56 g
Oil*		
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 lentils and apples

- Using a strainer, drain and rinse **lentils**.
- Core, then cut **apple** into ½-inch pieces.



Marinate lentils and apples

- Add **mustard, vinegar, half the apricot spread, half the garlic salt** and **1 tbsp oil** (dbl for 4 ppl) to a large bowl. Season with **pepper**, then whisk to combine.
- Add **lentils** and **apples**, then toss to coat. Set aside.



Toast almonds

- Heat a large non-stick pan over medium heat.
- When hot, add **almonds** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!)
- Remove from heat, then transfer **almonds** to a plate. Set aside.



Cook pork

- Pat **pork** dry with paper towels. Season with **remaining garlic salt** and **pepper**.
- Reheat the same pan over medium-high.
- When hot, add **1 tsp oil** (dbl for 4 ppl), then **pork**. Pan-fry until golden, 2-3 min per side.
- Transfer **pork** to an unlined baking sheet.
- Spread **remaining apricot spread** over **tops of pork**.
- Roast **pork** in the **middle** of the oven until cooked through, 8-12 min.**



Make salad

- Add **spring mix** and **half the almonds** to the bowl with **marinated lentils and apples**. Toss to combine.



Finish and serve

- Thinly slice **pork**.
- Divide **salad** between plates, then top with **pork**.
- Crumble **goat cheese** over top.
- Sprinkle with **remaining almonds**.

Dinner Solved!