



Smart Panko Pork Chops

with Creamy Yogurt Dressing

Calorie Smart

Carb Smart

30 Minutes



Pork Chops, boneless



Broccoli, florets



Panko Breadcrumbs



Dill



Chives



Greek Yogurt



Mayonnaise



Lemon



Spring Mix



Baby Tomatoes



Dill-Garlic Spice Blend

HELLO DILL

This delicate herb comes from the same family as parsley and celery!

Start here

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

Bust out

2 Baking sheets, measuring spoons, shallow dish, large bowl, parchment paper, small bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Broccoli, florets	227 g	454 g
Panko Breadcrumbs	½ cup	1 cup
Dill	7 g	14 g
Chives	7 g	7 g
Greek Yogurt	100 ml	200 ml
Mayonnaise	2 tbsp	4 tbsp
Lemon	1	2
Spring Mix	113 g	227 g
Baby Tomatoes	113 g	227 g
Dill-Garlic Spice Blend	1 tsp	2 tsp
Sugar*	¼ tsp	½ tsp
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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Roast broccoli

Cut **broccoli** into bite-sized pieces. Add **broccoli** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven until golden-brown, 12-14 min.



Prep and make dressing

Thinly slice **chives**. Roughly chop **dill**. Halve **tomatoes**. Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges. Add **yogurt, lemon zest, dill, chives, ¼ tsp sugar, 1 tbsp lemon juice** and **2 tbsp water** (dbl all for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then whisk to combine.



Coat pork

While **broccoli** roasts, pat **pork** dry with paper towels, then season with **salt** and **pepper**. Combine **Dill-Garlic Spice Blend** and **panko** in a shallow bowl. Coat **pork** all over with **mayo**. Working with one piece of **pork** at a time, firmly press both sides into **panko mixture** to coat completely.



Toss salad

Add **spring mix, tomatoes, roasted broccoli** and **2 tbsp dressing** (dbl for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then toss to coat.



Cook pork

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **pork**. Sear **pork** until golden, 2-3 min per side. Transfer **pork** to a parchment-lined baking sheet. Bake in the **top** of the oven until golden-brown and cooked through, 10-12 min.**



Finish and serve

Thinly slice **pork**. Divide **salad** between plates. Top with **pork**. Drizzle **remaining dressing** over top. Squeeze a **lemon wedge** over **pork**.

Dinner Solved!