



Smart Thai-Inspired Pork

with Spinach, Roasted Veggies and Peanut Sauce

Carb Smart

Calorie Smart

Spicy

35 Minutes



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

- 

Pork Chops, boneless
 - 

Chicken Breasts
- 

Baby Spinach
 - 

Sweet Bell Pepper
- 

Peanut Butter
 - 

Soy Sauce
- 

Rice Vinegar
 - 

Sriracha
- 

Sweet Potato
 - 

Thai Seasoning
- 

Ginger-Garlic Puree

HELLO PEANUT BUTTER

This classic spread does wonders for sauces!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Heat Guide for Step 5 (dbl for 4 ppl):

- Mild: ½ tsp
- Medium: 1 tsp
- Spicy: 1 ½ tsp
- Extra-spicy: 2 tsp

Bust out

2 Baking sheets, vegetable peeler, measuring spoons, large bowl, parchment paper, small bowl, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

| | 2 Person | 4 Person |
|----------------------|----------|----------|
| Pork Chops, boneless | 340 g | 680 g |
| Chicken Breasts* | 2 | 4 |
| Baby Spinach | 113 g | 227 g |
| Sweet Bell Pepper | 160 g | 320 g |
| Peanut Butter | 1 ½ tbsp | 3 tbsp |
| Soy Sauce | 1 tbsp | 2 tbsp |
| Rice Vinegar | 1 tbsp | 2 tbsp |
| Sriracha | 1 tsp | 2 tsp |
| Sweet Potato | 170 g | 340 g |
| Thai Seasoning | 1 tbsp | 2 tbsp |
| Ginger-Garlic Puree | ½ tbsp | 1 tbsp |
| Oil* | | |
| Salt and Pepper* | | |

* Pantry items

** Cook pork to a minimum internal temperature of 71°C/160°F and poultry to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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

Call us | (855) 272-7002
HelloFresh.ca

    @HelloFreshCA



Roast veggies

- Core, then cut **pepper** into 1-inch pieces.
- Peel, then cut **sweet potato** into ½-inch pieces.
- Add **peppers, sweet potatoes, 1 tsp soy sauce** and **1 tbsp oil** (dbl both for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Roast in the **middle** of the oven, stirring halfway through, until **veggies** are tender, 16-18 min.



Make vinaigrette

- Meanwhile, add **vinegar** and **1 ½ tbsp oil** (dbl for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk to combine. (**TIP:** Add ¼ tsp sugar [dbl for 4 ppl] for a slightly sweeter vinaigrette, if desired.)



Prep pork

- Meanwhile, heat a large non-stick pan over medium-high heat.
- While the pan heats, reserve **¼ tsp Thai Seasoning** (dbl for 4 ppl) in a small bowl.
- Pat **pork** dry with paper towels. Season with **salt, pepper** and **remaining Thai Seasoning**.

If you've opted to get **chicken breasts**, prepare and sear them in the same way the recipe instructs you to prepare and sear the **pork chops**, then increase the roast time to 10-12 min.**



Make peanut sauce

- Heat the same pan (from step 2) over medium.
- Add **peanut butter, remaining soy sauce, reserved Thai Seasoning, ½ tbsp ginger-garlic puree, ½ cup water** (dbl both for 4 ppl) and **1 tsp sriracha**. (**NOTE:** Reference heat guide.)
- Cook, stirring constantly, until **sauce** is smooth and comes to a gentle simmer, 1 min. (**TIP:** Add ¼ tsp sugar [dbl for 4 ppl], if desired.)
- Remove the pan from heat.



Cook pork

- When the pan is hot, add **½ tbsp oil** (dbl for 4 ppl), then **pork**. Pan-fry until golden, 1-2 min per side.
- Transfer **pork** to an unlined baking sheet. Roast in the **top** of the oven until cooked through, 8-10 min.**
- Carefully discard fat from the pan.



Finish and serve

- Thinly slice **pork**.
- Add **roasted veggies** and **spinach** to the bowl with **vinaigrette**, then toss to combine.
- Divide **salad** between plates. Top with **pork**.
- Drizzle **peanut sauce** over top.

Thinly slice **chicken breasts**. Top **salad** with **chicken** when you plate it.

Dinner Solved!