



Smart Thai-Inspired Pork

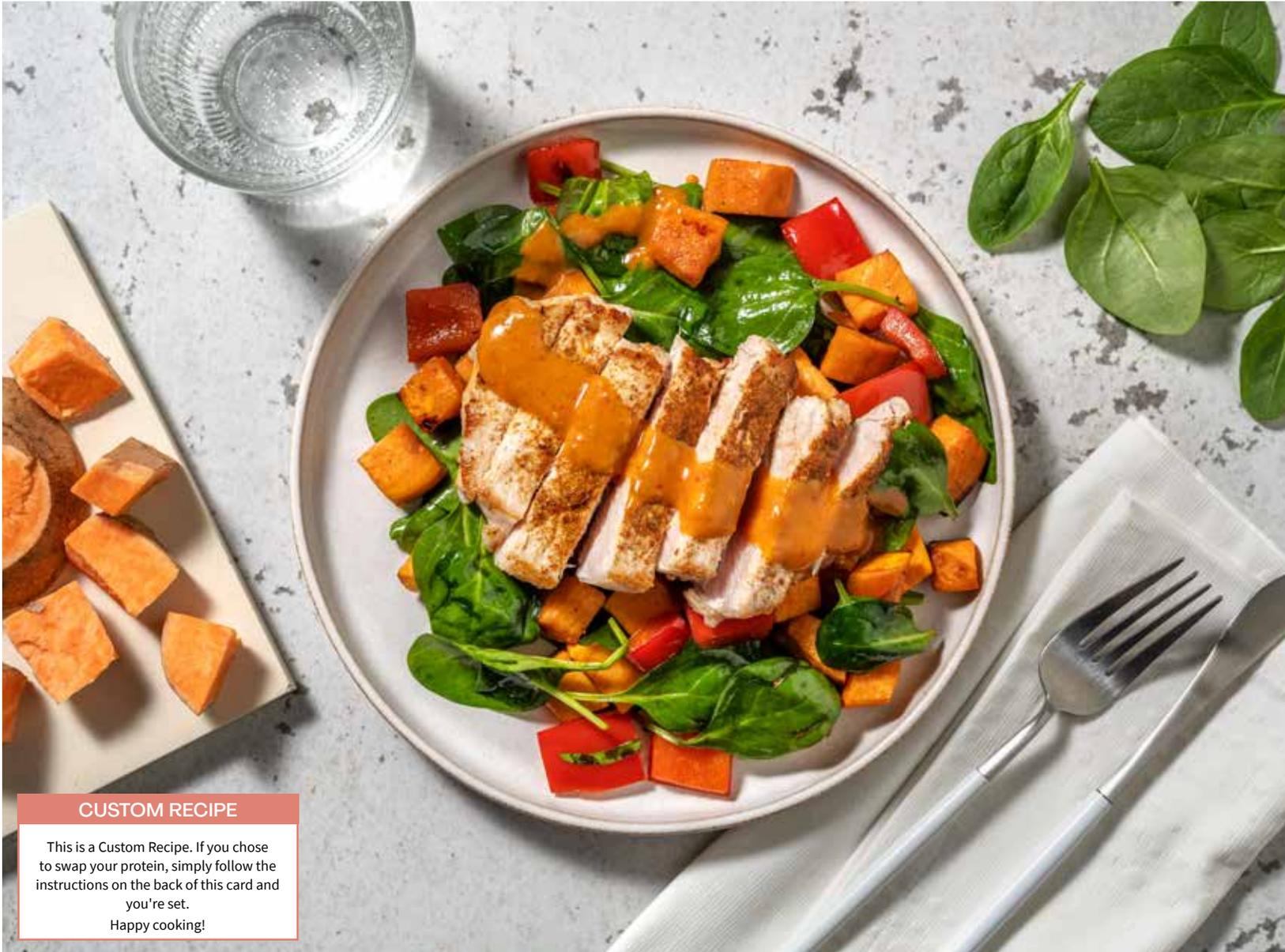
with Spinach, Roasted Veggies and Peanut Sauce

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

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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!