



Smart Thai-Inspired Pork

with Spinach, Roasted Veggies and Peanut Sauce

Smart Meal

Spicy

35 Minutes

Swap



Pork Tenderloin
285 g | 570 g

Custom Recipe

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Pork Chops, boneless
340 g | 680 g



Baby Spinach
113 g | 227 g



Sweet Bell Pepper
1 | 2



Peanut Butter
1 1/2 tbsp | 3 tbsp



Soy Sauce
1 tbsp | 2 tbsp



Rice Vinegar
1 tbsp | 2 tbsp



Sriracha
2 tsp | 4 tsp



Sweet Potato
1 | 2



Thai Seasoning
1 tbsp | 2 tbsp



Ginger-Garlic Puree
1/2 tbsp | 1 tbsp

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.

1



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Heat Guide for Step 5:
 - Mild: ½ tsp (1 tsp)
 - Medium: 1 tsp (2 tsp)
 - Spicy: 1 ½ tsp (3 tsp)
 - Extra-spicy: 2 tsp (4 tsp)
- Core, then cut **pepper** into 1-inch pieces.
- Peel, then cut **sweet potato** into ½-inch pieces.

2



Cook pork

Swap | **Pork Tenderloin**

- Heat a large non-stick pan over medium-high heat.
- Meanwhile, reserve **¼ tsp** (½ tsp) **Thai Seasoning** in a small bowl.
- Pat **pork** dry with paper towels. Season with **salt**, **pepper** and **remaining Thai Seasoning**.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **pork**. Sear, turning occasionally, until golden-brown, 1-2 min.
- Transfer **pork** to a parchment-lined baking sheet. Roast in the **top** of the oven until cooked through, 8-12 min.**
- Carefully discard fat from the pan.

3



Roast veggies

- Meanwhile, add **peppers**, **sweet potatoes**, **1 tsp** (2 tsp) **soy sauce** and **1 tbsp** (2 tbsp) **oil** to another 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.

4



Make vinaigrette

- Meanwhile, add **vinegar** and **1 ½ tbsp** (3 tbsp) **oil** to a large bowl.
- Season with **salt** and **pepper**, then whisk to combine. (**TIP:** Add ¼ tsp [½ tsp] sugar for a slightly sweeter vinaigrette, if desired.)

5



Make peanut sauce

- Heat the same pan (from step 2) over medium.
- When hot, add **peanut butter**, **remaining soy sauce**, **reserved Thai Seasoning**, **½ tbsp** (1 tbsp) **ginger-garlic puree**, **⅓ cup** (⅔ cup) **water** and **1 tsp** (2 tsp) **sriracha**. (**NOTE:** Reference heat guide.)
- Cook, stirring constantly, until **sauce** is smooth and comes to a gentle simmer. (**TIP:** Add ¼ tsp [½ tsp] sugar, if desired.)

6



Finish and serve

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

2 | Cook pork

Swap | **Pork Tenderloin**

If you've opted to get **pork tenderloin**, prepare and sear them in the same way the recipe instructs you to prepare and sear the **pork chops**. Increase sear time to 6-8 min, then increase roast time to 14-18-min.**

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

