



Smart Thai-Inspired Pork

with Spinach, Roasted Veggies and Peanut Sauce

Smart Meal 30 Minutes



Pork Chops
340 g | 680 g

Customized Protein + 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](http://www.hellofresh.ca)



Pork Tenderloin
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
2 tbsp | 2 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.

Pantry items | Oil, salt, pepper

Cooking utensils | 2 baking sheets, vegetable peeler, measuring spoons, large bowl, parchment paper, small bowl, measuring cups, whisk, large non-stick pan, paper towels

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 Chops**

- 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, then cut into 2-inch-thick medallions. 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**, ½ **cup** (¾ **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 **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**.

Measurements
within steps

1 **tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

2 | Cook pork

Swap | **Pork Chops**

If you've opted to get **pork chops**, sear, roast and plate in the same way the recipe instructs you to sear, roast and plate the **pork tenderloin**.**

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



Issue with your meal? Scan the QR code to share your feedback.