



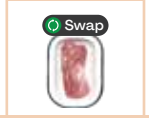
Smart Vietnamese-Style Marinated Pork Chops

with Fresh Salad and Shallots

Smart Meal

Spicy

25 Minutes



Pork Tenderloin
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](https://www.hellofresh.ca)



Pork Chops, boneless
340 g | 680 g



Lemongrass
1 | 2



Soy Sauce
1 tbsp | 2 tbsp



Garlic Puree
½ tbsp | 1 tbsp



Spring Mix
113 g | 227 g



Radish
3 | 6



Tomato
1 | 2



Sweet Chili Sauce
2 tbsp | 4 tbsp



Rice Vinegar
1 tbsp | 2 tbsp



Crispy Shallots
14 g | 28 g



Cilantro
7 g | 14 g

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 | Medium bowl, measuring spoons, plastic wrap, rolling pin, large bowl, whisk, large non-stick pan, paper towels

1



Make marinade

- Before starting, wash and dry all produce.

- Remove outer layer of **lemongrass**, then halve lengthwise. Place, cut-side down, on a cutting board.
- Using the back of a spoon or a pot, forcefully hit **lemongrass** to crush. Chop very finely.
- Add **lemongrass**, **½ tbsp** (1 tbsp) **garlic puree** and **soy sauce** to a medium bowl, then whisk to combine.

2



Prep pork chops

🔄 Swap | **Pork Tenderloin**

- Pat **pork chops** dry with paper towels.
- Place **each chop** on a cutting board and cover with plastic wrap.
- Using a rolling pin or heavy-bottomed pan, pound **each chop** until ½-inch thick.
- Season with **salt** and **pepper**, then add to medium bowl with **marinade**.

3



Prep salad

- Meanwhile, halve **radishes** lengthwise, then cut into ¼-inch half-moons.
- Cut **tomato** into ¼-inch pieces.
- Roughly chop **cilantro**.
- Add **half the sweet chili sauce** (use all for 4 ppl), **vinegar** and **½ tbsp** (1 tbsp) **oil** to a large bowl. Whisk to combine.
- Set aside.

4



Cook pork chops

- Heat a large non-stick pan over medium heat.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **pork**.
- Pan-fry until golden-brown and cooked through, 3-6 min per side.**

5



Finish and serve

- Slice **pork chops**.
- Add **tomatoes**, **radishes**, **cilantro** and **spring mix** to the large bowl with **dressing**, then toss to combine.
- Season with **salt** and **pepper**, to taste.
- Divide **salad** between bowls. Top with **pork**.
- Sprinkle **half the crispy shallots** (use all for 4 ppl) over top.

Measurements
within steps

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

2 | Prep and cook pork tenderloin

🔄 Swap | **Pork Tenderloin**

If you've opted to get **pork tenderloin**, pat dry with paper towels. Cut **tenderloin** into 1-inch slices. Season with **salt** and **pepper**, then add to medium bowl with **marinade**. Pan-fry in the same way as the **pork chops**, increasing cooking time to 5-7 min per side.**

** 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.