

Soy-Marinated Pork

with Crunchy Potato, Sugar Snap Peas and Carrot Medley

Crunchy sugar snap peas and crispy creamy potatoes peppered with carrots and mint? This fresh side is paired with a soy-marinated pork to make the ultimate weeknight dinner.







Pork Chops



Min

Mini Yukon

Green Onion

Mint

Long Red Chili

Carrot

Sugar Snap Peas

Balsamic Vinegar

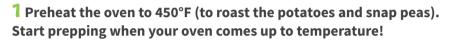
Soy Sauce

Honey

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Ingredients		2 People	4 People	*Not Included	1
Pork Chops		1 pkg (340 g)	2 pkg (680 g)		34 in
Soy Sauce	1) 2)	2 pkg (2 tbsp)	4 pkg (4 tbsp)	Allergens Wheat/Blé Soy/Soja Sulphites/Sulfites 	/4 in 1/2 in
Mini Yukon Potatoes		1 pkg (340 g)	2 pkg (680 g)		
Green Onions		2	4		
Mint		1 pkg (10 g)	2 pkg (10 g)		
Long Red Chili 🏼 🥔		1	1		i. He
Carrot, matchsticks		1 pkg (56 g)	2 pkg (113 g)		<u>~</u> 0
Sugar Snap Peas, trimmed		1 pkg (227 g)	2 pkg (454 g)		
Balsamic Vinegar	3)	½ bottle (1 tbsp)	1 bottle (2 tbsp)	Tools	
Honey		1 ½ pkg (1½ tbsp)	3 pkg (3 tbsp)	2 Baking Sheets, Medium Bow Large Non-Stick Pan, Large Bo	
Olive or Canola Oil*					
Mini Yukon Potatoes Green Onions Mint Long Red Chili Carrot, matchsticks Sugar Snap Peas, trimmed Balsamic Vinegar Honey		1 pkg (340 g) 2 1 pkg (10 g) 1 1 pkg (56 g) 1 pkg (227 g) ½ bottle (1 tbsp)	2 pkg (680 g) 4 2 pkg (10 g) 1 2 pkg (113 g) 2 pkg (454 g) 1 bottle (2 tbsp)	 Wheat/Blé Soy/Soja Sulphites/Sulfites Tools 2 Baking Sheets, Medi	Ruler 0 in 1/4 in 1/2 in '

Nutrition per person Calories: 518 cal | Fat: 12g | Protein: 45g | Carbs: 62g | Fibre: 9g | Sodium: 1063 mg Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.





2 Roast the potatoes: Wash and dry all produce. Cut the potatoes into ½-inch cubes. Toss the potatoes on a baking sheet with a drizzle of **oil**. Season with **salt** and **pepper.** Roast in the centre of the oven, stirring halfway through cooking, until golden-brown, 25-28 min.

3 Roast the snap peas: Chop the sugar snap peas into ½-inch pieces. Toss the snap peas on another baking sheet with a drizzle of oil. Season with salt and pepper. Roast in the centre of the oven, stirring halfway through cooking, until tender, 8-10 min.

4 Marinate the pork: Meanwhile, in a medium bowl, stir together the soy sauce, honey and ½ bottle vinegar (1 bottle for 4 people). Add the pork chops and stir to coat. Set aside.



5 Prep: Thinly slice the **green onions.** Finely chop the **mint**. Finely chop the **chili** (if using), removing the seeds for less heat.

6 Cook the pork: Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **pork**. (Reserve the **marinade** - we'll use it to make a sauce!) Sear the pork chops until golden-brown and cooked through, 4-5 min per side. (**TIP:** Inserting a thermometer into the cooked pork should display an internal temperature of 160°F.) Set the pork aside on a plate.

7 Make the sauce: Add the marinade, green onion, carrot and as much chili as you like to the pan. Boil until slightly thickened and veggies soften, 2-3 min.

8 Make the salad: In a large bowl, combine the roasted sugar snap peas, roasted potatoes and veggie mixture. Toss to combine.

9 Finish and serve: Divide the veggies between plates and top with the **pork**. Enjoy!

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