



JUN
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Seared Pork Chops

with Oregano-Mint Pesto, Quinoa and Roasted Veggie Skewers

Oregano and mint ought to get to know each other more, because we think they make a great couple. Spooned over juicy, pan-seared pork chops, this bright and tangy pesto truly shines. If you've never broiled veggies before, you're in for a treat: they become sweet and caramelized in the oven. If you have a grill, feel free to use it instead of the oven, this is a great recipe for it!



Prep
30 min



level 1



nut
free



dairy
free



gluten
free



Pork Chops



Oregano



Wooden
Skewers



Mint



Red Onion



Quinoa



Garlic



Red Bell
Pepper



Lemon



Zucchini



Vegetable Broth
Concentrate

Ingredients

Pork Chops	4
Oregano	1 pkg
Mint	1 pkg
Garlic	4 cloves
Red Onion, cubed	1 pkg
Quinoa	1 pkg
Red Bell Pepper, cubed	2 pkg
Zucchini, half moons	1 pkg
Vegetable Broth Concentrate	2
Lemon	1
Wooden Skewers	8
Olive or Canola Oil*	

4 People

*Not Included

Allergens

(None)

Tools

Small pot, Shallow dish, Zester,
2 Small bowls, Baking sheet,
Large pan

Nutrition per person Calories: 646 cal | Fat: 28 g | Sat. Fat: 6 g | Protein: 47 g | Carbs: 56 g | Sugar: 9 g | Sodium: 248mg | Fiber: 11 g

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ruler
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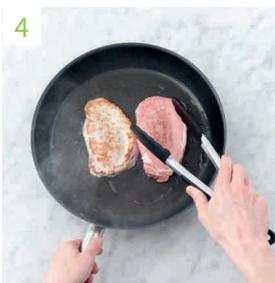


1 Prep: Preheat the broiler to high or the oven to 500°F. **Wash and dry all produce.** In a small pot, bring **2 cups water** to a boil. Soak the **skewers** in a shallow dish filled with water. Mince or grate the **garlic**. Zest, then halve the **lemon**. Mince the **oregano** and **mint leaves**.

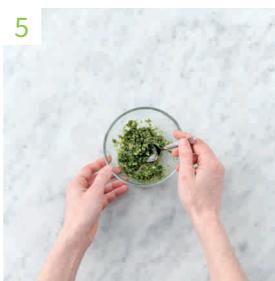


2 Cook the quinoa: Place the **quinoa** and **broth concentrates** into the boiling water, cover, and reduce to a low simmer for about 15 minutes, until tender. Keep covered until the rest of the meal is ready.

3 Make the skewers: In a small bowl, combine **half the lemon zest**, **half the garlic**, and a large drizzle of **oil**. Alternately thread the **bell pepper**, a few pieces of **onion**, and **zucchini** onto the **skewers**. Place on a baking sheet. (**TIP:** You can broil the veggies un-skewered, too!) Drizzle the **oil mixture** over the veggies and season with **salt** and **pepper**. Broil for about 8 minutes, turning halfway through cooking, until lightly caramelized.



4 Cook the pork chops: Meanwhile, heat a drizzle of **oil** in a large pan over medium-high heat. Season the **pork chops** with **salt** and **pepper**. Add them to the pan and cook for 4-5 minutes per side, until golden brown and cooked to desired doneness. (**TIP:** Inserting a thermometer into the cooked pork should display an internal temperature of 160°F.) Set aside to rest for 5 minutes.



5 Make the pesto: Meanwhile, in a small bowl, combine the **oregano**, **mint**, remaining **lemon zest**, a large drizzle of **oil**, a pinch of **garlic** and a squeeze of **lemon juice** (to taste). Season with **salt** and **pepper**.

6 Finish and serve: Serve the **veggie skewers** on a bed of **quinoa** with the **pork chops**. Drizzle over top with the **oregano-mint pesto** and enjoy!

GRILLING TIP: Instead of pan-frying, BBQ skewers and pork chops on medium heat, with lid open, 3 to 6 min per side, until cooked to temperature above.

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