



SPICED PORK CHOPS & TOMATO QUINOA SALAD

with Lime Crema & Cilantro Sauce

INGREDIENTS

2 PERSON | 4 PERSON



½ Cup | 1 Cup
White Quinoa



1 | 2
Veggie Stock
Concentrate



¼ oz | ½ oz
Cilantro



2 | 4
Scallions



1 | 2
Lime



1 | 2
Tomato



10 oz | 20 oz
Pork Chops



1 TBSP | 1 TBSP
Mexican Spice
Blend



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



½ oz | 1 oz
Pepitas



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10 oz | 20 oz
Chicken Cutlets

Calories: 570



10 oz | 20 oz
Organic Chicken
Cutlets

Calories: 570



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 610



HELLO

QUINOA

Often enjoyed as a grain, quinoa is a protein-packed seed that commonly comes in white, red, and even black varieties.

NICE SLICE

A close look will reveal natural lines that run through a chop. Ensure max tenderness by slicing perpendicular to those lines, aka "against the grain."

BUST OUT

- Small pot
- Paper towels
- Large bowl
- Large pan
- Zester
- 2 Small bowls
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Olive oil (4 tsp | 8 tsp)

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*Pork is fully cooked when internal temperature reaches 145°.

🍗 *Chicken is fully cooked when internal temperature reaches 165°.



1 COOK QUINOA

- In a small pot, bring $\frac{3}{4}$ cup salted water (1½ cups for 4 servings) to a boil. Stir in quinoa and stock concentrate; cover and reduce to a low simmer. Cook until quinoa is tender and liquid has absorbed, 15-20 minutes. Transfer to a large bowl and let cool for at least 5 minutes (you'll finish the quinoa in Step 5).



4 MAKE CREMA & SAUCE

- While pork cooks, in a small bowl, combine sour cream, half the lime zest, and salt. Add water 1 tsp at a time until mixture reaches a drizzling consistency.
- In a separate small bowl, combine cilantro, scallion whites, 1 tsp olive oil (2 tsp for 4 servings), juice from one lime wedge (two wedges for 4), and as much remaining lime zest as you like. Season generously with salt and pepper. Taste and add more lime juice if desired.



2 PREP

- While quinoa cooks, wash and dry produce.
- Zest and quarter lime. Finely chop cilantro. Trim and thinly slice scallions, separating whites from greens; mince whites. Dice tomato into ½-inch pieces.



5 MIX QUINOA SALAD

- Stir tomato, scallion greens, pepitas, 1 TBSP olive oil (2 TBSP for 4 servings), juice from two lime wedges (four lime wedges for 4), and a pinch of salt and pepper into bowl with quinoa.



3 COOK PORK

- Pat pork* dry with paper towels and season all over with half the Mexican Spice Blend (all for 4 servings), a big pinch of salt, and pepper.
- Heat a large drizzle of oil in a large pan over medium-high heat. Add pork and cook until browned and cooked through, 4-6 minutes per side. Transfer to a cutting board to rest for 5 minutes.

- 🍗 Swap in chicken* or organic chicken* for pork; cook until browned and cooked through, 3-5 minutes per side.



6 FINISH & SERVE

- Slice pork crosswise.
- Divide pork and tomato quinoa salad between plates. Drizzle pork with lime crema and cilantro sauce. Serve with any remaining lime wedges on the side.

- 🍗 Slice chicken or organic chicken crosswise.