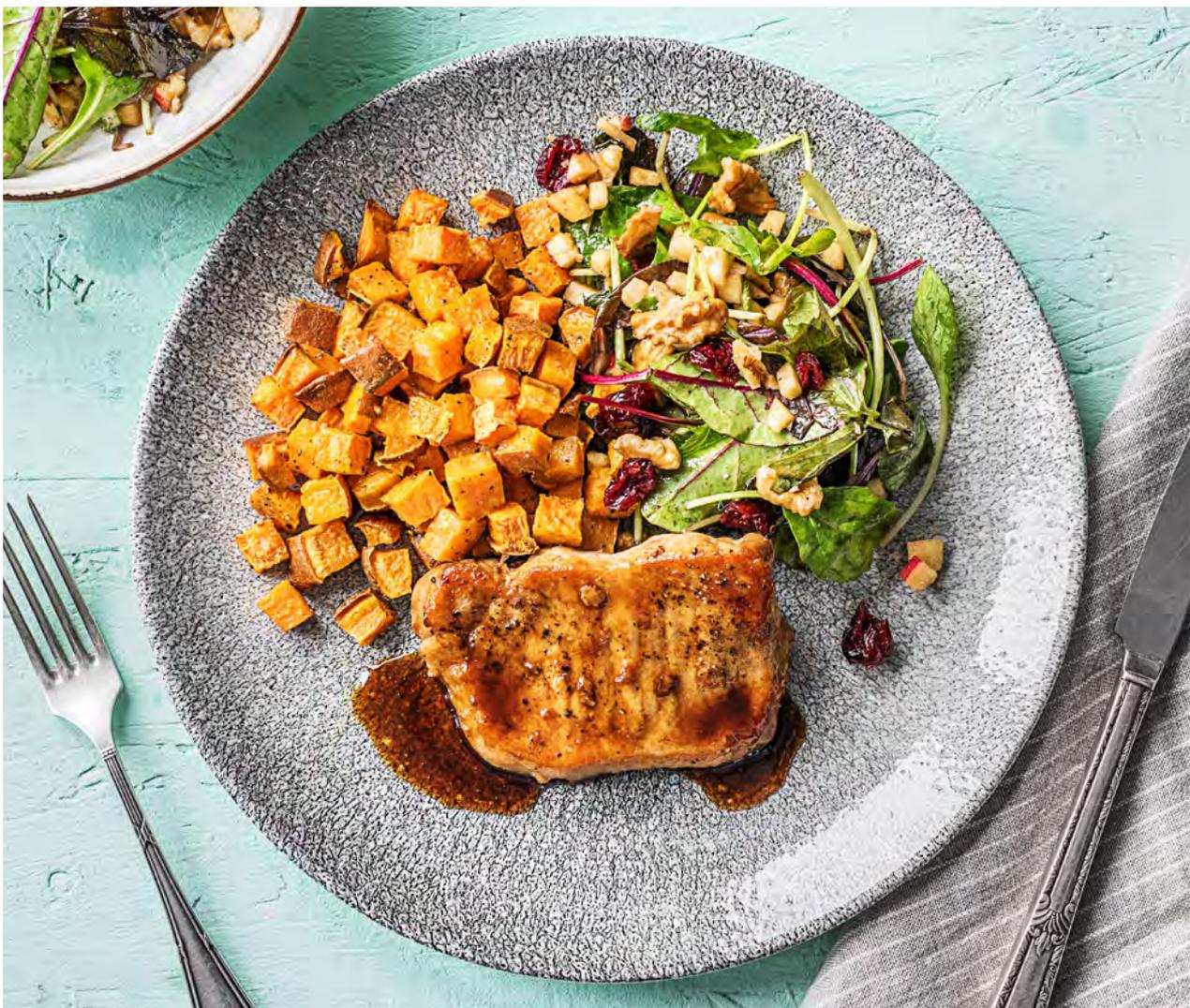




# BALSAMIC-GLAZED PORK CHOP DINNER

with OceanSpray® Craisins® Dried Cranberries

# PLUS A GRILLING CHEESE AND COUSCOUS SALAD FOR LUNCH



**HELLO**  
**DINNER TO LUNCH**  
Cook it once, eat it twice: tonight's dinner extras transform into tomorrow's lunch.

**PREP: 10 MIN | TOTAL: 40 MIN | CALORIES: 730**  
**LUNCH | PREP: 5 MIN | CALORIES: 880**

- Chicken Stock Concentrate
- Sweet Potatoes
- Balsamic Vinegar
- Gala Apple
- Grilling Cheese (Contains: Milk)
- Craisins® Dried Cranberries
- Couscous (Contains: Wheat)
- Pork Chops
- Shallot
- Lemon
- Walnuts (Contains: Tree Nuts)
- Spring Mix Lettuce

## START STRONG

This recipe serves two for dinner and two for lunch. After you've finished with the first meal, spend a little time getting everything ready for the next, which only takes a few short minutes.

## BUST OUT

- Small pot
- Small bowl
- Baking sheet
- Zester
- Large pan
- Medium bowl
- Olive oil (2 TBSP | 4 TBSP)
- Sugar (1 TBSP | 2 TBSP)

## LUNCH

- Olive oil (5 tsp)

## INGREDIENTS

Ingredient 2-person | 4-person

- Chicken Stock Concentrate 1 | 2
- Couscous ½ Cup | 1 Cup
- Sweet Potatoes 2 | 4
- Pork Chops 12 oz | 24 oz
- Balsamic Vinegar 8 tsp | 16 tsp
- Shallot 1 | 1
- Gala Apple 1 | 2
- Lemon 1 | 1
- Grilling Cheese 6 oz | 12 oz
- Walnuts 2 oz | 4 oz
- Craisins® Dried Cranberries 2.32 oz | 4.64 oz
- Spring Mix Lettuce 4 oz | 6 oz

Share your #HelloFreshPics with us!  
(800) 733-2414 HelloFresh.com  
hello@hellofresh.com



## 1 PREHEAT AND START

**Wash and dry all produce.** Preheat oven to 400 degrees. Bring **1 cup water**, a pinch of **salt**, and **stock concentrate** to a boil in a small pot, then add **couscous**. Cover and set aside off heat. Cut **sweet potatoes** into ½-inch cubes. Toss on a baking sheet with a large drizzle of **olive oil**, **salt**, and **pepper**. Roast in oven until tender and crisped, 20-25 minutes.



## 4 TOSS SALAD AND SERVE

Set aside half the **apple**, **walnuts**, **cranberries**, and **lettuce** for lunch, then toss other half with **1 TBSP olive oil** and **2 tsp vinegar** in a medium bowl (you'll have extra vinegar). Season with **salt** and **pepper**. Divide **pork**, **salad**, and **¾ of the sweet potatoes** between plates. Drizzle **sauce** in pan over pork and serve.

ENJOY!



## 2 COOK PORK

Heat a drizzle of **olive oil** in a large pan over medium-high heat. Season **pork** all over with **salt** and **pepper**. Add to pan and cook until it nearly reaches desired doneness, 4-5 minutes per side. Remove pan from heat. Combine **2 TBSP vinegar** (we sent more) and **1 TBSP sugar** in a small bowl. Pour into pan and let bubble until syrupy. Flip pork to coat.

## LUNCH



## 1 PREP LUNCH

After dinner, fluff **couscous** with a fork. Toss in remaining **apple**, **walnuts**, **cranberries**, and **sweet potatoes**; **lemon zest**; as much **minced shallot** as you like; **1 TBSP olive oil**; and a squeeze of **lemon**. Season with **salt** and **pepper**. Wash out pan used for pork and heat a drizzle of olive oil in it over medium-high heat. Add **grilling cheese** and cook until browned, 1-2 minutes per side.



## 3 PREP

Halve, peel, and mince **shallot** until you have 2 TBSP. Halve and core **apple**, then cut into ⅓-inch cubes. Zest **lemon** until you have 1 tsp zest, then cut into quarters. Cut **6 oz grilling cheese** (about ¾ of the package) into 6 slices (use the rest as you like).



## 2 PACK AND SERVE LUNCH

Divide remaining **lettuce** between lunch boxes, then top with **couscous jumble**. Arrange **grilling cheese** and **lemon** on top or to the side and pack everything up. The next day, when you're ready to eat, warm grilling cheese on a plate in microwave, 20-30 seconds. Place on top of couscous and sprinkle everything with a drizzle of **olive oil** and a squeeze of lemon.

WK48 NJ-12