



SEARED PORK CHOPS

with Herb Dressing and Roasted Veggies

FAMILY



HELLO OREGANO

This perennial herb is both aromatic and warm in flavour

PREP: 15 MIN | TOTAL: 35 MIN | CALORIES: 529



Pork Chops, boneless



Oregano



Parsley



Garlic



Red Onion, cubes



Basmati Rice



Red Bell Pepper



Zucchini



Vegetable Broth Concentrate



Lemon

BUST OUT

- Baking Sheet
- Paper Towel
- Garlic Press
- Zester
- Small Bowl
- Measuring Spoons
- Large Non-Stick Pan
- Salt and Pepper
- Measuring Cups
- Olive or Canola oil
- Medium Pot

INGREDIENTS

4-person

- Pork Chops, boneless 570 g
- Oregano 20 g
- Parsley 20 g
- Garlic 10 g
- Red Onion, cubes 56 g
- Basmati Rice 1 ½ cup
- Red Bell Pepper 380 g
- Zucchini 454 g
- Vegetable Broth Concentrate 2
- Lemon 1

ALLERGENS | ALLERGÈNES

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

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 71°C/160°F.



START STRONG

Position a rack in the top-third of your oven. Preheat the broiler to **high** (to broil the veggies).



1 PREP
Wash and dry all produce.* In a covered medium pot, bring the **broth concentrates** and **3 cups water** to a boil. Meanwhile, core, then cut the **bell peppers** into 1-inch cubes. Cut the **zucchini** in half, lengthwise, then into ½-inch thick half moons.



4 COOK PORK
Meanwhile, pat the **pork** dry with paper towels, then season with **salt and pepper**. Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the pork. Cook until golden-brown and cooked through, 4-5 min per side. (**TIP:** Cook to a minimum internal temp. of 71°C/160°F, as size may vary.**)



2 COOK RICE
Add the **rice** to the medium pot with the **boiling broth**. Reduce the heat to low. Cover and cook until the rice is tender and the water has been absorbed, 12-14 min.



5 MAKE DRESSING
Meanwhile, mince or grate the **garlic**. Zest, then juice the **lemon**. Finely chop the **parsley** and **oregano**. In a small bowl, combine the lemon zest, lemon juice, garlic, parsley, oregano and **3 tbsp oil**. Season with **salt and pepper**.



3 BROIL VEGGIES
Meanwhile, on a baking sheet, toss the **peppers, onion** and **zucchini** with a drizzle of **oil**. Season with **salt and pepper**. Broil on the top rack of the oven, stirring halfway through cooking, until tender and lightly charred, 8-10 min. (**TIP:** Keep your eye on the veggies the last 2 min! Remove from oven if turning dark brown.)



6 FINISH AND SERVE
Fluff the **rice** with a fork, then season with **salt and pepper**. Divide the rice, **pork** and **veggies** between plates. Spoon over the **herb dressing**.

BRIGHT!

This citrusy oregano-parsley dressing is the perfect match for seared pork chops.