

Hello
FRESH

APR
2017

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.

 Prep
30 min



Pork Chops



Soy Sauce



Mini Yukon
Potatoes



Green Onion



Mint



Long Red Chili



Carrot



Sugar Snap Peas




Balsamic
Vinegar



Honey

Ingredients

	2 People	4 People
Pork Chops	1 pkg (340 g)	2 pkg (680 g)
Soy Sauce	1) 2) 2 pkg (2 tbsp)	4 pkg (4 tbsp)
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
Carrot, matchsticks	1 pkg (56 g)	2 pkg (113 g)
Sugar Snap Peas, trimmed	1 pkg (227 g)	2 pkg (454 g)
Balsamic Vinegar	3) ½ bottle (1 tbsp)	1 bottle (2 tbsp)
Honey	1 ½ pkg (1 ½ tbsp)	3 pkg (3 tbsp)
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Soy/Soja
- 3) Sulphites/Sulfites

Tools

2 Baking Sheets, Medium Bowl, Large Non-Stick Pan, Large Bowl

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 518 cal | Fat: 12 g | Protein: 45 g | Carbs: 62 g | Fibre: 9 g | Sodium: 1063 mg

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

2



1 Preheat the oven to 450°F (to roast the potatoes and snap peas). Start prepping when your oven comes up to temperature!

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.

4



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



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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