



Cooking Made Easy

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Pan-Seared Pork Chops

with Summer Vegetable Kebabs & Oregano-Mint Pesto



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 roasted lemons before, you're in for a treat: they become sweet and juicy in the oven, perfect for squeezing over caramelized veggies.

40 min

level 1

nut free

lactose free

gluten free



Pork Chops



Zucchini



Red Onion



Garlic



Yukon Potatoes



Mint



Oregano



Lemon



Bell Pepper



Wooden Skewers

Ingredients	2 People	4 People
Pork Chops	2	4
Zucchini	1	2
Lemon	1	2
Red Onion	1	2
Garlic	2 cloves	4 cloves
Yukon Potatoes	12 oz	24 oz
Mint	1 sprig	2 sprigs
Oregano	1 sprig	2 sprigs
Bell Pepper	1	2
Wooden Skewers	4	8
Olive Oil*	4 T	8 T

*Not Included

Allergens
(None)

Tools
Shallow Dish, Baking Sheet, Small Pot, Small Pan, Zester

Ruler

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Nutrition per person Calories: 728 cal | Carbs: 52 g | Fat: 40 g | Protein: 44 g | Fiber: 10 g



1 Preheat oven to 400 degrees. Remove the **pork chops** from the refrigerator and allow to come to room temperature. Meanwhile, soak the **wooden skewers** in **water** in a shallow dish. Halve, peel, and slice the **red onion** into ½-inch wedges. Halve, core, seed, and remove the white ribs from the **bell pepper**. Then, cut into 1-inch cubes. Cut the **potatoes** and **zucchini** into ½-inch cubes. Mince the **oregano** and **mint leaves**. Zest and halve the **lemon**, then cut one half into 4 wedges. Mince or grate the **garlic**.



2 Assemble the **kebabs**: thread the **bell pepper, onion, zucchini, potatoes,** and **lemon wedges** onto skewers, mixing up the order as you go. In a small bowl, combine **half the lemon zest, half the garlic, 1 ½ tablespoons olive oil,** and a large pinch of **salt and pepper**. Drizzle over the skewers and roast on a baking sheet for 20-25 minutes, until lightly caramelized. **HINT:** If you have a grill, cook the skewers there! Remember to rotate half way through cooking.



3 Meanwhile, heat ½ tablespoon **olive oil** in a large pan over medium-high heat. Season the **pork chops** on both sides with **salt and pepper**. Add the pork chops to the pan and cook 4-5 minutes per side, until golden brown and cooked to desired doneness (we like medium-well!). **HINT:** If you have a grill, fire it up to medium and cook the chops there!



4 While the pork cooks, make the **oregano-mint pesto**: in a small bowl, combine the **oregano, mint, remaining garlic, remaining lemon zest, 2 tablespoons olive oil,** and a squeeze of **lemon juice**. Season with **salt and pepper**.

5 Serve the **pork chops** alongside the **veggie kebabs**. Squeeze a **roasted lemon wedge** over the veggies. Spoon the **oregano-mint pesto** over the pork and enjoy!