







# Pork Chops and Mushroom-Sour Cream Sauce with Roasted Snap Peas


35 Minutes

Customized Protein **+** Add **↻** Swap or **\*2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



 	 
Pork Tenderloin 340 g   680 g	Tofu 1   2

	
Pork Chops, boneless 340 g   680 g	Mushrooms 113 g   227 g

	
Sugar Snap Peas 113 g   227 g	Sour Cream 1   2

	
Shallot 1   1	Russet Potato 2   4

	
Chicken Broth Concentrate 1   2	Cream Sauce Spice Blend 1 tbsp   2 tbsp

	
Montreal Spice Blend 1 tbsp   1 tbsp	

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

**Pantry items** | Unsalted butter, salt, pepper

**Cooking utensils** | Baking sheet, colander, large non-stick pan, large pot, measuring cups, measuring spoons, paper towels, potato masher, -small bowl, vegetable peeler, whisk

1



### Cook potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Peel, then cut **potatoes** into 1-inch pieces.
- Combine **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) in a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium-high. Simmer uncovered until fork-tender, 10-12 min.
- Reserve **½ cup potato water**, then drain and return **potatoes** to the same pot, off heat. (**TIP:** You might use the potato water in step 6 when mashing potatoes.)

4



### Cook mushrooms and shallots

- Meanwhile, return the same pan to medium.
- Add **1 tbsp** (2 tbsp) **butter**, then swirl the pan to melt.
- Add **mushrooms** and **shallots**. Cook, stirring occasionally, until softened slightly, 3-4 min. Season with **salt** and **pepper**.
- Sprinkle **Cream Sauce Spice Blend** over the pan. Cook, stirring constantly, until combined, 30 sec.

2



### Prep

- Meanwhile, trim **snap peas**.
- Transfer **snap peas** to one side of an unlined baking sheet. Toss with **½ tbsp** (1 tbsp) **oil**. Season with **salt** and **pepper**. Set aside.
- Thinly slice **mushrooms**.

5



### Finish mushroom-sour cream sauce

- Add **broth concentrate** to the pan with **mushrooms**. Gradually stir in **½ cup** (¾ cup) **water** until combined. Bring to a simmer on medium-high.
- Cook, stirring occasionally, until **sauce** thickens slightly, 2-3 min.
- While **sauce** simmers, add **sour cream** to a small bowl. Whisk in **2 tbsp** (4 tbsp) **sauce** from the pan until smooth.
- Remove from heat, then whisk in **sour cream mixture** until smooth. Season with **salt** and **pepper**, to taste.

3



### Sear pork

Swap | **Pork Tenderloin**

Swap | **Tofu**

- Pat **pork chops** dry with paper towels. Season with **salt** and **half the Montreal Spice Blend** (use all for 4 ppl).
- Heat a large non-stick pan over medium-high.
- When hot, add **1 tbsp oil** (use same for 4 ppl), then **pork**. Sear until golden-brown, 1-2 min per side.
- Transfer **pork** to the baking sheet, next to **snap peas**.
- Roast in the **top** of the oven, until **snap peas** are tender and **pork** is cooked through, 8-10 min.\*\*

6



### Finish and serve

- If **potatoes** have cooled too much, reheat over medium-low until warm.
- Mash **2 tbsp** (4 tbsp) **butter** into **potatoes** until creamy. Mash in **1 tbsp reserved potato water** at a time for a softer texture, if desired. Season with **salt** and **pepper**.
- Thinly slice **pork chops**.
- Divide **pork**, **snap peas** and **mash** between plates.
- Spoon **mushroom-sour cream sauce** over **pork** and **mash**.

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

3 | Sear pork

Swap | **Pork Tenderloin**

If you've opted to get **pork tenderloin**, season it in the same way the recipe instructs you to season the **pork chops**. Increase sear time to 6-8 min, then increase the roast time to 14-18 min.\*\*

3 | Sear tofu

Swap | **Tofu**

If you've opted to get **tofu**, pat dry with paper towels. Cut **tofu** in half parallel to the cutting board. (NOTE: You will have two square tofu steaks per block.) Using a fork, poke **tofu** all over. Season **tofu** in the same way the recipe instructs you to season the **pork chops**. When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Cook and plate **tofu** in the same way the recipe instructs you to cook and plate the **pork chops**.

\*\* Cook to a minimum internal temperature of 71°C/160°F, as size may vary.