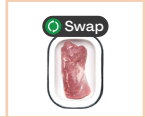




# French Onion Pork Chops

## with Smashed Potatoes and Balsamic Side Salad

25 Minutes



Pork Tenderloin  
340 g | 680 g

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 Chops, boneless  
340 g | 680 g



Yellow Potato  
350 g | 700 g



Soy Sauce  
1 tbsp | 2 tbsp



Yellow Onion  
1 | 1



Tomato  
1 | 2



Baby Spinach  
56 g | 113 g



Cream  
56 ml | 113 ml



Chicken Broth Concentrate  
1 | 2



Cream Sauce Spice Blend  
1 tbsp | 2 tbsp



Balsamic Glaze  
2 tbsp | 4 tbsp



Zesty Garlic Blend  
1 tbsp | 2 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** | Salt, unsalted butter, oil, pepper

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

1



### Cook potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Cut **potatoes** into 1-inch pieces.
- Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl).
- Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer, uncovered, until fork-tender, 10-12 min.
- Drain and return **potatoes** to the same pot, off heat.

2



### Cook pork

🔄 Swap | **Pork Tenderloin**

- Meanwhile, pat **pork** dry with paper towels. Season with **salt**, **pepper** and **half the Zesty Garlic Blend**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add  $\frac{1}{2}$  **tbsp** (1 **tbsp**) **oil**, then **pork**.
- Pan-fry until golden, 1-2 min per side, then transfer to an unlined baking sheet.
- Roast in the **middle** of the oven until cooked through, 8-12 min.\*\*

3



### Make sauce

- Meanwhile, peel, then cut **half the onion** (whole onion for 4 ppl) into  $\frac{1}{4}$ -inch pieces.
- Reheat the same pan over medium.
- When hot, add **1 tbsp** (2 **tbsp**) **butter**, then **onions**. Cook, stirring often, until softened, 2-3 min.
- Add **Cream Sauce Spice Blend** and **remaining Zesty Garlic Blend**. Stir to combine.
- Add **soy sauce**, **broth concentrate**, **1 cup** (2 **cups**) **water** and **half the balsamic glaze**.
- Cook, stirring often, until **sauce** thickens slightly, 3-4 min. Season with **salt** and **pepper**, to taste.

4



### Make salad

- Meanwhile, cut **tomato** into  $\frac{1}{2}$ -inch pieces.
- Add **remaining balsamic glaze** and **1 tbsp** (2 **tbsp**) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **spinach** and **tomatoes**, then toss to coat.

5



### Mash potatoes

- When **potatoes** are fork-tender, roughly mash in **cream** and **1 tbsp** (2 **tbsp**) **butter** until slightly mashed. (**NOTE:** 'Smashed' potatoes will still have a few chunks!)
- Season with **salt** and **pepper**, to taste.

6



### Finish and serve

- When **pork** is done, transfer to a plate to rest. Stir any **pork juices** from the baking sheet into **sauce**.
- Thinly slice **pork**.
- Divide **smashed potatoes**, **pork** and **salad** between plates.
- Spoon **sauce** over **pork** and **potatoes**.

Measurements  
within steps

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

## 2 | Cook pork

🔄 Swap | **Pork Tenderloin**

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

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