



DEC
2016

Shallot-Peppercorn Pork Chops

with Braised Cabbage and Crispy Potatoes

These chops will leave you feeling like you've just left a pricey Parisian bistro. Finished with a French-inspired peppercorn sauce, these juicy chops are total date-night material. Served with buttery cabbage and crispy potatoes, you'll be making this recipe for every special occasion.



Pork Chops



Mini Yukon Potatoes



Green Cabbage



Shallot



Garlic



Sour Cream



Tomato Paste




Crushed Black Peppercorns



Chicken Broth Concentrate

Ingredients

	2 People	4 People	
Pork Chops	2	4	
Mini Yukon Potatoes	1 pkg (340 g)	2 pkg (680 g)	
Green Cabbage, shredded	1 pkg (340 g)	2 pkg (680 g)	
Shallot	1	2	
Garlic	1 pkg (10 g)	2 pkg (20 g)	
Sour Cream	1 pkg	2 pkg	
Black Peppercorns, crushed 	1 pkg (1 tbsp)	2 pkg (2 tbsp)	
Chicken Broth Concentrate	1	2	
Tomato Paste	1 pkg (3 tbsp)	2 pkg (6 tbsp)	
Butter* 1)	3 tbsp	6 tbsp	
Olive or Canola Oil*			

*Not Included

Allergens

1) Milk/Lait

Tools

Large pan, Measuring cup, Medium bowl, Baking sheet

Ruler

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Nutrition per person Calories: 843 cal | Fat: 25 g | Protein: 27 g | Carbs: 77 g | Fiber: 8 g | Sodium: 645 mg

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

4



1 Preheat the oven to 450 degrees (to roast the potatoes). Start prepping when your oven comes to temperature!

2 Roast the potatoes: Wash and dry all produce. Halve the **potatoes** (or quarter them if they are large). Toss them on a baking sheet with drizzle of **oil** and a pinch of **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until golden-brown, 25-30 min.

5



3 Prep: Finely chop the **shallot**. Mince or grate the **garlic**.

4 Make the cabbage: Melt **half the butter** in a large pan over medium heat. Add **half the garlic**, **cabbage**, **1/4 cup water** (double for 4 people) and **half the broth concentrate**. Cook, stirring occasionally, until the liquid has evaporated and the cabbage is tender, 2-3 min. Season with **salt** and **pepper**. Transfer to a medium bowl and cover to keep warm.

6



5 Cook the pork chops: Add a drizzle of **oil** in the same pan. Add the **pork chops** and sear for 4-5 min per side. Transfer the pork chops to the baking sheet in the oven with the potatoes. Roast until cooked through, 4-6 min. (**TIP:** Inserting a thermometer into the cooked pork should display an internal temperature of 160°F.)

6 Make the pan sauce: Add the **shallot**, **remaining garlic** and as much **peppercorns** as you dare to the same pan. Cook, stirring, until the shallots are softened, 1-2 min. Add the **tomato paste**, **remaining broth concentrate** and **1/4 cup water** (double for 4 people). Bring to a simmer, then remove from heat and stir in **sour cream** and **remaining butter**.

7 Finish and serve: Divide the **braised cabbage**, **potatoes** and **pork chops** between plates. Drizzle with the **pan sauce**. Enjoy!

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