



Cal Smart Herby Pork Chops

with Quick Apple Chutney and Smashed Potatoes

Calorie Smart

30 Minutes



Pork Chops,
boneless



Yellow Potato



Green Beans



Gala Apple



Shallot



Parsley and Thyme



Whole Grain Mustard



Garlic Salt



Dried Cranberries



White Wine Vinegar



Honey

HELLO WHOLE GRAIN MUSTARD

Canada is among the world's top producers of mustard seeds!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, vegetable peeler, colander, measuring spoons, potato masher, medium pot, measuring cups, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Yellow Potato	360 g	720 g
Green Beans	170 g	340 g
Gala Apple	1	2
Shallot	50 g	100 g
Parsley and Thyme	14 g	14 g
Whole Grain Mustard	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Dried Cranberries	¼ cup	½ cup
White Wine Vinegar	1 tbsp	2 tbsp
Honey	1 tbsp	2 tbsp
Unsalted Butter*	1 ½ tbsp	3 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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

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.

Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.

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1



Cook potatoes

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. Simmer uncovered until fork-tender, 10-12 min.

4



Make chutney

Heat a medium pot over medium heat. When hot, add **½ tbsp butter** (dbl for 4 ppl), then **shallots**. Cook, stirring often, until tender, 2-3 min. Add **apples, cranberries, honey, mustard, vinegar, remaining thyme** and **¼ cup water** (dbl for 4 ppl). Bring to a simmer, stirring occasionally, until **chutney** thickens and **apples** soften slightly, 4-6 min. Cover and set aside.

2



Prep

While **potatoes** cook, trim, then halve **green beans**. Roughly chop **parsley**. Strip **half the thyme leaves** off stems (use all for 4 ppl), then finely chop. Peel, core, then cut **apple** into ¼-inch pieces. Peel, then finely chop **shallot**.

5



Cook green beans

While **chutney** cooks, heat the same pan (from step 3) over medium. When hot, add **green beans** and **3 tbsp water** (dbl for 4 ppl). Cook, stirring occasionally, until tender-crisp, 4-5 min. Add **1 tsp oil** and **¼ tsp garlic salt** (dbl both for 4 ppl). Season with **pepper**, then toss to coat.

3



Cook pork

Pat **pork** dry with paper towels, then season with **pepper** and **½ tsp garlic salt** (dbl for 4 ppl). Sprinkle with **half the thyme**. Heat a large non-stick pan over medium-high heat. When hot, add **1 tsp oil** (dbl for 4 ppl), then **pork**. Pan-fry until golden, 2-3 min per side, then transfer to a baking sheet. Roast in the **middle** of the oven until cooked through, 10-12 min. ** Carefully wipe pan clean.

6



Finish and serve

When **potatoes** are fork-tender, reserve **½ cup potato cooking water** (dbl for 4 ppl), then drain and return **potatoes** to the same pot, off heat. Roughly mash **half the reserved potato cooking water, half the parsley, remaining garlic salt** and **1 tbsp butter** (dbl for 4 ppl) into **potatoes** until slightly mashed. (NOTE: 'Smashed' potatoes will still have a few chunks!) Season with **pepper**. (TIP: For a lighter consistency, add more potato cooking water, 1-2 tbsp at a time, if desired.) Thinly slice **pork**. Divide **pork, potatoes** and **green beans** between plates. Spoon **chutney** over **pork**. Sprinkle **remaining parsley** over top. (TIP: Any leftover chutney can be saved and refrigerated for up to 2 days. Serve with grilled cheese or cheese and crackers!)

Dinner Solved!