



Cal Smart Spiced Pork Chops

with Creamy Sauce

Calorie Smart

Spicy

30 Minutes



Pork Chops, boneless



Chicken Broth Concentrate



Yellow Onion



Yellow Potato



Green Beans



Montreal Steak Spice



Sour Cream



Parsley



All-Purpose Flour



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HELLO MONTREAL STEAK SPICE

A savoury blend of spices ideal for steak, chicken and pork!

Start here

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

Bust out

2 Baking sheets, measuring spoons, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Chicken Broth Concentrate	1	2
Yellow Onion	56 g	113 g
Yellow Potato	360 g	720 g
Green Beans	170 g	340 g
Montreal Steak Spice 🍷	1 tbsp	2 tbsp
Sour Cream	3 tbsp	6 tbsp
Parsley	7 g	7 g
All-Purpose Flour	1 tbsp	2 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.

Contact

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Roast potatoes

- Cut **potatoes** into ½-inch pieces.
- Add **potatoes**, **half the Montreal Steak Spice** and **1 tbsp oil** to an unlined baking sheet. Season with **salt**, then toss to coat. (**NOTE:** For 4 ppl, use 2 baking sheets, with a quarter of the Montreal Steak Spice and 1 tbsp oil per sheet.)
- Roast in the **middle** of the oven, tossing halfway through, until tender and golden-brown, 25-28 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)



Roast pork and green beans

- Add **green beans** and **1 tsp oil** (dbl for 4 ppl) to the other side of the baking sheet with **pork**. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **top** of the oven until **green beans** are tender and **pork** is cooked through, 9-11 min.**



Prep

- Meanwhile, trim **green beans**.
- Peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl).
- Roughly chop **parsley**.
- Pat **pork** dry with paper towels, then season with **remaining Montreal Steak Spice**.



Make sauce

- Meanwhile, heat the same pan (from step 3) over medium.
- When hot, add **1 tsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring often, until tender, 2-3 min.
- Sprinkle **flour** over **onions**. Cook, stirring often, until **onions** are coated, 1 min.
- Add **½ cup water** (dbl for 4 ppl) and **broth concentrate**. Cook, stirring often, until **sauce** thickens slightly, 2-3 min.
- Remove the pan from heat, then add **sour cream**. Season with **salt** and **pepper**, then stir to combine.



Sear pork

- 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.
- Transfer **pork** to one side of another unlined baking sheet.



Finish and serve

- Transfer **pork** to a plate to rest for 3-5 min.
- Sprinkle **half the parsley** over **green beans**, then toss to combine.
- Thinly slice **pork**. Stir **any pork juices** from the plate into **sauce**.
- Divide **pork**, **potatoes** and **green beans** between plates.
- Drizzle **sauce** over **pork**, then sprinkle with **remaining parsley**.

Dinner Solved!