



Carb Smart Creamy Mushroom Pork Chops

with Snap Peas

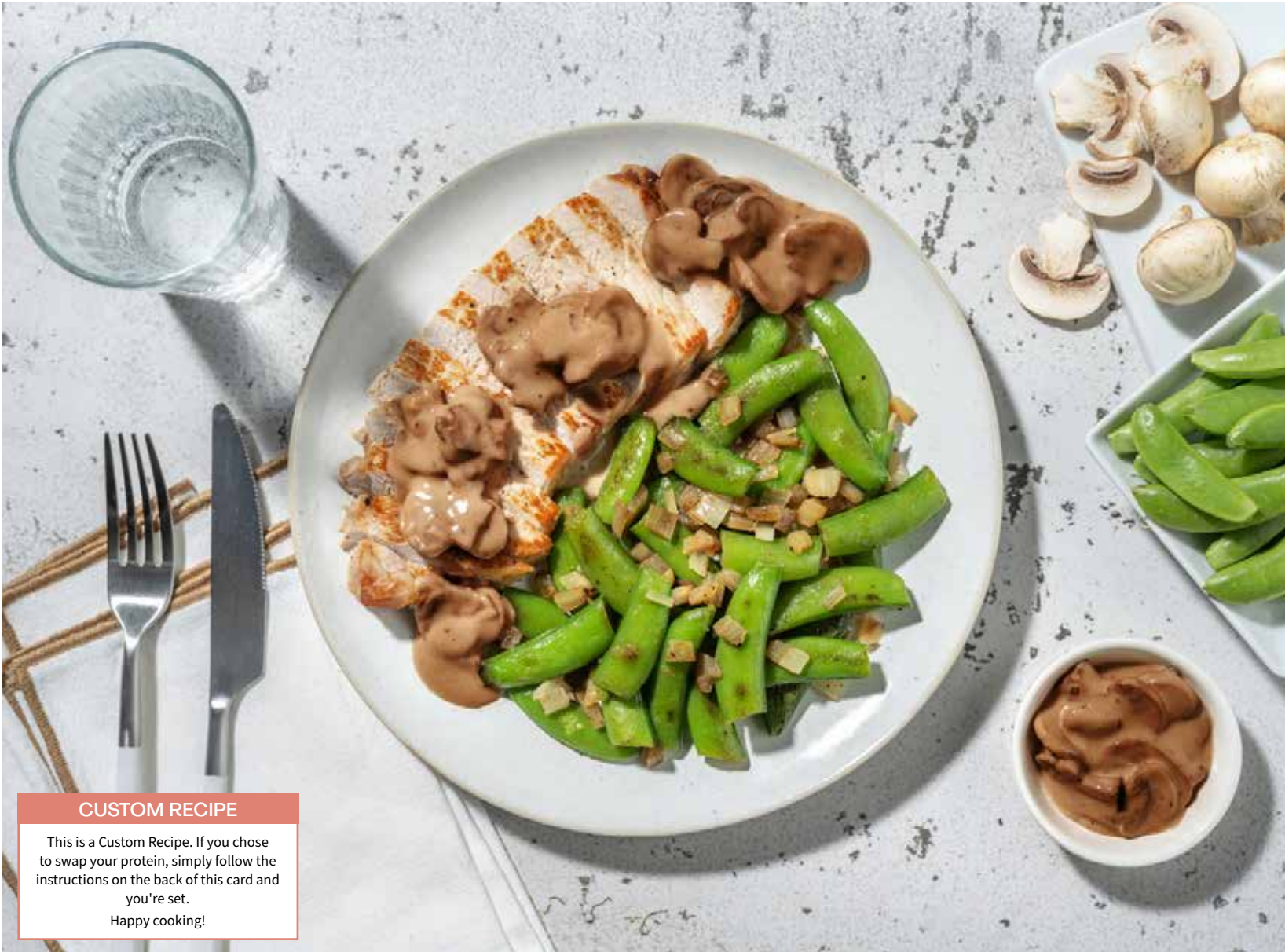
Carb Smart

Quick

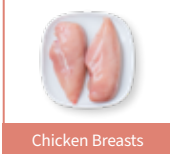
25 Minutes



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CUSTOM RECIPE
This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Chicken Breasts



Pork Chops, boneless



Sugar Snap Peas



Yellow Onion



Cream



Garlic, cloves



Cream Sauce Spice Blend



Vegetable Broth Concentrate



Mushrooms

HELLO GARLIC

Garlic varies in flavour from punchy and peppery when raw, to mild and sweet when roasted!

Start here

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

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

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

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Chicken Breasts	2	4
Yellow Onion	56 g	113 g
Sugar Snap Peas	113 g	227 g
Garlic, cloves	2	4
Cream	56 ml	113 ml
Vegetable Broth Concentrate	1	2
Cream Sauce Spice Blend	1 tbsp	2 tbsp
Mushrooms	113 g	227 g
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook pork and chicken to minimum internal temperatures of 71°C/160°F and 74°C/165°F, respectively.

• Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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.



Prep

- Trim **snap peas**.
- Thinly slice **mushrooms**.
- Peel, then cut **half the onion** into ½-inch pieces (whole onion for 4 ppl).
- Peel, then mince or grate **garlic**.



Season veggies

- Add **snap peas, onions** and **1 tbsp** (2 tbsp) **oil** to one side of an unlined baking sheet. Season with **salt** and **pepper**, then toss to combine.



Cook pork and veggies

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **pork** dry with paper towels.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **pork**. Pan-fry until golden, 1-2 min per side.
- When **pork** is golden, transfer to the other side of the baking sheet with **veggies**.
- Roast in the **middle** of the oven until **veggies** are tender and **pork** is cooked through, 8-12 min.**

If you've opted to get **chicken breasts**, prepare and sear them in the same way the recipe instructs you to prepare and sear the **pork chops**, then increase the roast time to 10-12 min.**



Make creamy mushrooms

- Heat the same pan over medium.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **mushrooms**. Cook, stirring occasionally, until **mushrooms** soften, 5-6 min.
- Add **garlic** and **Cream Sauce Spice Blend**. Cook, stirring often, until fragrant, 30 sec.
- Add **cream, broth concentrate** and ¼ **cup** (½ cup) **water**. Cook, stirring occasionally, until **sauce** thickens slightly, 1-2 min. Season with **salt** and **pepper**, to taste. (**NOTE**: If sauce is too thick, thin it out by stirring in 1-2 tbsp water.)



Finish and serve

- Thinly slice **pork**.
- Divide **pork** and **veggies** between plates.
- Top **pork** with **creamy mushrooms**.

Dinner Solved!



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