



Carb Smart Creamy Mushroom Pork Chops with Spinach and Green Beans

Carb Smart 30 Minutes



Pork Chops, boneless



Mushrooms



Red Onion



Green Beans



Garlic



Baby Spinach



Garlic Salt



Cream Cheese



Vegetable Broth Concentrate

HELLO CREMINI

The baby version of portobello mushrooms!

Start here

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

Bust out

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

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Mushrooms	227 g	454 g
Red Onion	56 g	113 g
Green Beans	340 g	340 g
Garlic	6 g	12 g
Baby Spinach	56 g	113 g
Garlic Salt	1 tsp	2 tsp
Cream Cheese	2 tbsp	4 tbsp
Vegetable Broth Concentrate	1	2
Unsalted Butter*	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 our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

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1 Prep

Trim, then halve **green beans**. Thinly slice **mushrooms**. Roughly chop **spinach**. Peel, then thinly slice **half the onion** (whole onion for 4 ppl). Peel, then mince or grate **garlic**.



2 Season green beans

Add **green beans, onions, half the garlic salt** and **1 tbsp oil** to one side of a baking sheet. Season with **pepper**, then toss to combine.



3 Cook pork and green beans

Pat **pork** dry with paper towels. Season with **remaining garlic salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **pork**. Pan-fry until golden, 2-3 min per side. When **pork** is golden, transfer to the other side of the baking sheet with **green beans**. Roast in the **middle** of the oven until cooked through, 10-12 min.**



4 Make creamy mushrooms

Heat the same pan over medium heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **mushrooms**. Cook, stirring occasionally, until softened, 5-6 min. Add **garlic** and cook, stirring often, until fragrant, 30 sec. Stir in **cream cheese** and **broth concentrate**. Add **spinach** and cook, stirring occasionally, until **spinach** wilts, 1-2 min. Season with **salt** and **pepper**. (**TIP**: If desired, thin sauce out with 1-2 tbsp water.)



5 Finish and serve

Thinly slice **pork**. Divide **pork** and **green beans** between plates. Top **pork** with **creamy mushrooms**.

Dinner Solved!