



Carb Smart Creamy Mushroom Pork Chops with Spinach and Green Beans

Carb Smart

30 Minutes



Pork Chops,
boneless



Mushrooms



Red Onion



Green Beans



Garlic, cloves



Baby Spinach



Garlic Salt



Cream Cheese



Vegetable Broth
Concentrate

HELLO CREAM CHEESE

This versatile soft cheese is great for both sweet and savoury applications!

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 | 170 g | 340 g |
| Garlic, cloves | 2 | 4 |
| 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 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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Prep

Trim, then halve **green beans**. Thinly slice **mushrooms**. Peel, then thinly slice **half the onion** (whole onion for 4 ppl). Peel, then mince or grate **garlic**. Roughly chop **spinach**. (**TIP**: Place spinach in a bowl, then roughly chop using a pair of kitchen shears or scissors!)



Make creamy mushrooms

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



Season green beans

Add **green beans**, **onions**, **half the garlic salt** and **1 tbsp oil** (dbl for 4 ppl) to one side of an unlined baking sheet. Season with **pepper**, then toss to combine.



Finish and serve

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

Dinner Solved!



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, 1-2 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 **green beans** are tender and **pork** is cooked through, 8-12 min.**