



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



Vegetable Broth Concentrate



Cream Sauce Spice Blend

HELLO GARLIC SALT

Garlic adds a zesty punch to simple salt!

Start here

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

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
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	56 ml	113 ml
Vegetable Broth Concentrate	1	2
Cream Sauce Spice Blend	1 tbsp	2 tbsp
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

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



Prep

- Trim, then halve **green beans**.
- Thinly slice **mushrooms**.
- Peel, then cut **half the onion** into ¼-inch slices (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** and **Cream Sauce Spice Blend**. Cook, stirring often, until fragrant, 30 sec.
- Add **cream, broth concentrate** and **¼ cup water** (½ cup for 4 ppl). Cook, stirring occasionally, until **sauce** thickens slightly, 1-2 min.
- Stir in **spinach** until wilted, 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 veggies

- 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 **veggies** between plates.
- Top **pork** with **creamy mushrooms**.

Dinner Solved!



Cook pork and veggies

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **pork** dry with paper towels. Season with **remaining garlic salt** and **pepper**.
- 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 **veggies**.
- Roast in the **middle** of the oven until **green beans** are tender and **pork** is cooked through, 8-12 min.**