



Carb Smart Mustard-Fig Pork Chops

with Rosemary-Roasted Vegetable Medley

Carb Smart

30 Minutes



Pork Chops, boneless



Garlic Salt



Carrot



Brussels Sprouts



Rosemary



Fig Spread



Shallot



Chicken Broth Concentrate



All-Purpose Flour



Whole Grain Mustard



Mushrooms



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HELLO ROSEMARY

This woody herb packs a fragrant and savoury punch!

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

2 Baking sheets, vegetable peeler, measuring spoons, parchment paper, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

| | 2 Person | 4 Person |
|---------------------------|----------|----------|
| Pork Chops, boneless | 340 g | 680 g |
| Garlic Salt | 1 tsp | 2 tsp |
| Carrot | 170 g | 340 g |
| Brussels Sprouts | 170 g | 340 g |
| Rosemary | 1 sprig | 2 sprig |
| Fig Spread | 2 tbsp | 4 tbsp |
| Shallot | 25 g | 50 g |
| Chicken Broth Concentrate | 1 | 2 |
| All-Purpose Flour | 1 tbsp | 2 tbsp |
| Whole Grain Mustard | 1 tbsp | 2 tbsp |
| Mushrooms | 113 g | 227 g |
| Unsalted Butter* | 2 ½ tbsp | 5 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.

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Prep

- Peel, then cut **carrot** into ¼-inch rounds.
- Halve **mushrooms**.
- Trim, then halve **any Brussels sprouts** larger than 1 inch.
- Peel, then cut **half the shallot** (whole shallot for 4 ppl) into ¼-inch pieces.
- Strip **rosemary leaves** from stem, then roughly chop.



Start mustard-fig sauce

- Meanwhile, reheat the same pan over medium.
- When hot, add ½ **tbsp** (1 **tbsp**) **butter**, then **shallots**. Cook, stirring occasionally, until softened, 2-3 min.
- Sprinkle **remaining flour** into the pan. Cook, stirring often, until **shallots** are coated, 30 sec.
- Gradually whisk in ¾ **cup** (1 ½ **cups**) **water** until smooth. Bring to a simmer, whisking often. Simmer until **sauce** thickens slightly, 2-3 min.



Roast veggies

- Add **carrots, Brussels sprouts, mushrooms, rosemary, half the garlic salt** and 1 ½ **tbsp** (3 **tbsp**) **oil** to a parchment-lined baking sheet. Season with **pepper**, then toss to coat.
- Roast in the **middle** of the oven, stirring halfway through, until **veggies** are tender, 20-24 min.
- When **veggies** are done, add 1 **tbsp** (2 **tbsp**) **butter**, then toss until **butter** melts and **veggies** are coated.



Finish mustard-fig sauce

- Add **fig spread, broth concentrate** and **mustard**. Cook, whisking often, until **sauce** is combined and thickens more, 1-2 min.
- Add 1 **tbsp** (2 **tbsp**) **butter**, then whisk until **butter** melts.
- Whisk in **any pork juices** from the baking sheet into **sauce**. Season with **salt** and **pepper**, to taste.



Cook pork

- Meanwhile, heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **pork** dry with paper towels. Season with **pepper** and **remaining garlic salt**. Sprinkle **half the flour** over **pork**, then pat to coat.
- When the pan is hot, add 1 **tbsp** (2 **tbsp**) **oil**, then **pork**. Sear until golden-brown, 1-2 min per side.
- Transfer **pork** to an unlined baking sheet. Roast in the **top** of the oven until cooked through, 8-10 min.**



Finish and serve

- Thinly slice **pork**.
- Divide **veggies** between plates. Top with **pork**. Spoon **mustard-fig sauce** over **pork**.

Dinner Solved!