



# Carb Smart Pork Chops

## with Creamy Green Beans

Carb Smart 30 Minutes



**CUSTOM RECIPE**

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

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- Pork Chops, boneless
- Double Pork Chops, boneless
- Whole Grain Mustard
- Cream
- Shallot
- Green Beans
- Chicken Broth Concentrate
- Garlic, cloves
- Cream Sauce Spice Blend
- Crispy Shallots

HELLO SHALLOT

*This allium may resemble an onion but is sweeter and milder in flavour!*

## Start here

- Before starting, preheat the oven to 425°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
Double Pork Chops, boneless	680 g	1360 g
Whole Grain Mustard	1 tbsp	2 tbsp
Cream	56 ml	113 ml
Shallot	50 g	100 g
Green Beans	340 g	680 g
Chicken Broth Concentrate	1	2
Garlic, cloves	1	2
Cream Sauce Spice Blend	1 tbsp	2 tbsp
Crispy Shallots	14 g	28 g
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.*



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### Prep and cook pork

- Pat **pork chops** dry with paper towels.
- Sprinkle **1 tsp** (2 tsp) **Cream Sauce Spice Blend** over **pork**, then season with **salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **pork**. Pan-fry until golden, 2-3 min per side, then transfer to an unlined baking sheet.
- Roast in the **middle** of the oven until cooked through, 8-12 min.\*\*

If you've opted for **double pork**, pat **extra pork** dry with paper towels, then season with **salt** and **pepper**. Cook it in the same way the recipe instructs you to prepare and cook the regular portion of **pork**. Work in batches, if necessary.



### Make sauce

- Add **broth concentrate, mustard, cream** and **½ cup** (1 cup) **water**.
- Bring to a boil over medium-high. Cook, stirring occasionally, until **sauce** is slightly reduced, 2-3 min.
- Season with **salt** and **pepper** to taste.



### Prep

- Meanwhile, trim **green beans**, then cut in half.
- Peel, then mince or grate **garlic**.
- Peel, then cut **shallot** into ¼-inch pieces.



### Cook beans

- Add **green beans** and **¼ cup** (½ cup) **water** to the same pan over medium. Cook, stirring occasionally, until water evaporates, 4-5 min.
- Add **1 tbsp** (2 tbsp) **butter** and **shallots**. Cook, stirring often, until **shallots** are softened, 1-2 min.
- Add **garlic** and sprinkle over **remaining Cream Sauce Spice Blend**. Cook until fragrant, 1 min.
- Season with **salt** and **pepper**, to taste.



### Finish and serve

- Thinly slice **pork**.
- Divide **creamy green beans** and **pork** between plates.
- Sprinkle **half the crispy shallots** (use all for 4 ppl) over **beans**.

Dinner Solved!