



Carb Smart Tomato-Caper Pork Chops with Parm Roasted Veggies

Carb Smart

35 Minutes



Pork Chops,
boneless



Italian Seasoning



Capers



Zucchini



Roma Tomato



Mushrooms



Shallot



Parmesan Cheese,
shredded



Garlic Salt



Carrot



Chicken Broth
Concentrate



White Cooking Wine

HELLO CAPERS

Small but powerful capers add a bold, briny and salty flavour to this dish!

Start here

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

Bust out

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

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Italian Seasoning	½ tbsp	1 tbsp
Capers	7 ½ g	15 g
Zucchini	400 g	800 g
Roma Tomato	160 g	320 g
Mushrooms	113 g	227 g
Shallot	50 g	100 g
Parmesan Cheese, shredded	¼ cup	½ cup
Garlic Salt	2 tsp	4 tsp
Carrot	170 g	340 g
Chicken Broth Concentrate	1	2
White Cooking Wine	4 tbsp	8 tbsp
Sugar*	⅓ tsp	⅓ tsp
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

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Prep

Peel, then cut **carrot** into ⅛-inch rounds. Cut **zucchini** into ¼-inch rounds. Halve **mushrooms**. Peel, then cut **shallot** into ¼-inch pieces. Cut **tomatoes** into ½-inch pieces. Drain **2 tsp capers** (dbl for 4 ppl) on paper towels, then pat dry.



Start tomato-caper sauce

Meanwhile, heat the same pan over medium. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **shallots**. Cook, stirring occasionally, until softened slightly, 1-2 min. Add **capers** and **tomatoes**. Cook, stirring occasionally, until **tomatoes** start to break down, 4-5 min.



Roast veggies

Add **carrots, zucchini, mushrooms, half the garlic salt, half the Italian Seasoning** (use all for 4 ppl) and **2 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 parchment-lined baking sheets, with 2 tbsp oil per sheet.) Season with **salt** and **pepper**, then toss to combine. Roast in the **middle** of the oven, stirring halfway through, until tender, 16-18 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.) Sprinkle **Parmesan** over **veggies**. Continue roasting until **Parmesan** melts, 1-2 min.



Finish tomato-caper sauce

Add **cooking wine** to the pan with **tomatoes and capers**. Cook, stirring occasionally, until slightly reduced, 30 sec-1 min. Add **¼ cup water, a pinch of sugar** (dbl both for 4 ppl), **broth concentrate** and **remaining garlic salt**. Bring to a simmer. Simmer, stirring occasionally, until **sauce** reduces slightly, 3-4 min. Season with **pepper**, to taste. Stir in **any pork juices** from the baking sheet. Remove the pan from heat.



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 **half the remaining garlic salt**. When the pan is hot, add **½ tbsp oil** (dbl for 4 ppl), then **pork**. Pan-fry until golden, 2-3 min per side. Remove the pan from heat. 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** and **pork** between plates. Spoon **tomato-caper sauce** over **pork**.

Dinner Solved!