



SEP  
2016

## Chipotle-Glazed Pork Chops with Garlic-Mashed Potatoes and Roasted Broccoli

The combination of floral honey and intense, smoky chipotle makes a delicious glaze for pan-seared pork chops. Roasting broccoli until golden brown brings out a delightfully nutty flavour. Paired with classic garlic-mashed potatoes, this is classic comfort food with a spicy twist.

 30 min

 level 1

 spicy



Pork Chops



Broccoli Florets



Mini Yukon  
Potatoes



Garlic Powder




Adobo Sauce



Honey

## Ingredients

	2 People	4 People
Pork Chops	2 (340 g)	4 (680 g)
Broccoli Rosettes	1 pkg (170 g)	2 pkg (340 g)
Mini Yukon Potatoes	1 pkg (340 g)	2 pkg (680 g)
Garlic Powder	1 pkg (1 tsp)	2 pkg (2 tsp)
Adobo Sauce 	1 pkg (2 tbsp)	2 pkg (4 tbsp)
Honey	1 pkg (1 tbsp)	2 pkg (2 tbsp)
Milk* <b>1)</b>	¼ cup	½ cup
Butter* <b>1)</b>	2 tbsp	4 tbsp
Olive or Canola Oil*		

\*Not Included

## Allergens

**1)** Milk/Lait

## Tools

Large Pot, Baking Sheet, Small Bowl, Large Pan, Measuring Spoons, Strainer

Ruler

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**Nutrition per person** Calories: 751 cal | Protein: 46 g | Fat: 26 g | Carbs: 88 g | Fiber: 8 g | Sodium: 358 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*



**1** Preheat your oven to 400°F. Start prepping when your oven comes up to temperature!

**2** Roast the broccoli: **Wash and dry all produce.** Toss the broccoli on a baking sheet with a drizzle of **oil** and a pinch of **salt** and **pepper**. Roast in the centre of the oven, until slightly crispy and golden brown, 17-20 min.



**3** Boil the potatoes: Meanwhile, peel the potatoes (if desired) then cut into ½-inch cubes. Cover the **potatoes** with water and a pinch of **salt**, in a large pot. Boil and cook for 10-12 min, until fork-tender.

**4** Make the adobo sauce: Meanwhile, in a small bowl, stir together the **honey** and as much **adobo sauce** as you like (careful, it's spicy!)





**5** Cook the pork: Heat a drizzle of **oil** in a large pan over medium-high heat. Season the **pork chops** on all sides with **salt** and **pepper**. Add the **pork chops** to the pan and sear 2-3 min per side, until golden brown but not yet cooked through. Reduce heat to low. Spoon as much **adobo sauce** as you like over each chop and turn to coat. Continue pan-frying until cooked through, 2-3 more min per side. (**TIP:** Inserting a thermometer into the cooked pork should display an internal temperature of 160°F.)



**6** Make the garlic-mashed potatoes: Drain the **potatoes** and return them to the same pot. Using a fork or potato masher, mash in the **butter** and the **garlic powder** until smooth. Mash in a drizzle of **milk** (if desired) if you want a creamier consistency. Season with **salt** and **pepper**.

**7** Finish and serve: Serve the **mashed potatoes** with the **roasted broccoli** on top. Thinly slice the **pork** and serve over the **broccoli**. Drizzle with remaining **chipotle glaze**, if desired. Enjoy!

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