



JUL
2016

Honey-Dijon Pork Chops

with Summer Squash, Lima Bean & Corn Hash

Honey mustard and pork make a great duo. In this dish, we're making a garlicky honey-dijon sauce to drizzle over succulent pork chops. A summer vegetable hash, inspired by succotash, combines all the season's best produce into one dish.

Prep
30 min

level 2

nut
free

gluten
free

dairy
free



Pork Chops



Honey



Lime



Garlic



Corn



Yellow Squash



Green Onions



Mini Yukon Potatoes



Lima Beans



Plum Tomato



Dijon Mustard



Chicken Broth
Concentrate

Ingredients

	2 People	4 People
Pork Chops	2	4
Honey	1 tsp	2 tsp
Lime	1	1
Garlic	2 cloves	4 cloves
Corn Kernels	1 pkg	2 pkg
Yellow Squash, sliced	1 pkg	2 pkg
Green Onions	2	4
Mini Yukon Potatoes	1 pkg	2 pkg
Lima Beans	1 pkg	2 pkg
Plum Tomatoes	1	2
Dijon Mustard	1) 2)	2 tsp
Chicken Broth Concentrate	1	2
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Mustard/Moutarde
- 2) Sulphites/Sulfites

Tools

Large Pan, Zester,
Measuring Cups,
Measuring Spoons

Nutrition per person Calories: 638 cal | Protein: 47 g | Fat: 22 g | Carbs: 68 g | Fiber: 10 g

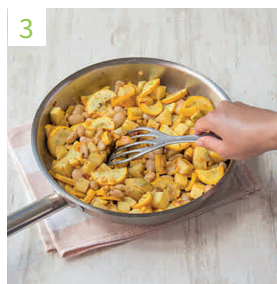
Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ruler

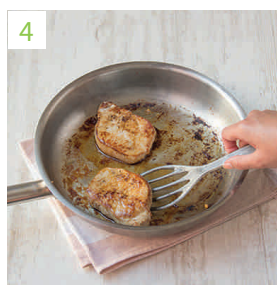
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1 Wash and dry all produce. Zest, then halve the **lime**. Mince or grate the **garlic**. Thinly slice the **green onions**, keeping green and white parts separate. Cut the **potato** into ½-inch cubes. Halve, core, and dice the **tomato**.



2 Begin the vegetable hash: Heat a drizzle of **oil** in a large pan over medium heat. Add the **green onion whites, potatoes, and tomato**. Cook, tossing, for 9-10 minutes, until potatoes have started to soften.



3 Add the corn, lima beans, and squash. Cook, tossing, for about 3-4 more minutes, until **potatoes** are fork tender. Add the **lime zest** and a squeeze of **lime juice**, to taste. Season with **salt** and **pepper**. Set aside.



4 In the same pan, heat a drizzle of oil over medium heat. Season the **pork chops** with **salt** and **pepper**. Sear the pork chops for 5-6 minutes per side, until golden brown and cooked to desired doneness. (**TIP:** Inserting a thermometer into the cooked pork should display an internal temperature of 160°F.) Transfer the pork chops to a large plate.

5 Make the honey-dijon sauce: In the same pan, add the **garlic** and cook for 30 seconds, until fragrant. Add **Dijon mustard, honey, ½ cup water** (**DO:** Measure for all and double amounts for 4 people) and the **broth concentrate(s)** to the pan. Reduce heat to medium-low. Simmer until sauce is slightly thickened.

6 Finish and serve: Thinly slice the **pork chops** and serve over the **vegetable hash**. Spoon the **honey-dijon sauce** over the pork and sprinkle with **green onions**. Enjoy!

BBQ TIP: Instead of pan-frying, grill pork chops on medium heat, with lid open, 3 to 6 min per side, until cooked to temperature above.

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