

Honey Mustard Pork Chops

with Roasted Potatoes and Green Beans

30 Minutes



HELLO WHOLE GRAIN MUSTARD The secret ingredient to a sweet and savoury vinaigrette



Lemon

## Start here

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

### Bust Out

Baking sheet, measuring spoons, small bowl, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Yellow Potato	300 g	600 g
Honey	1 tbsp	2 tbsp
Whole Grain Mustard	1 tbsp	2 tbsp
Thyme	7 g	7 g
Lemon	1	2
Green Beans	170 g	340 g
Onion, sliced	113 g	227 g
Oil*		
Salt and Pepper*		

\* Pantry items

 $^{\ast\ast}$  Cook to a minimum internal temperature of 71°C/160°F, as size may vary.

#### Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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

Share your photos #HelloFreshLife Call or email us | (855) 272-7002 hello@hellofresh.ca HelloFresh.ca



#### Roast potatoes

Strip **1 tbsp thyme leaves** (dbl for 4 ppl) off stems. Cut **potatoes** into 1-inch pieces. Toss **potatoes** and **half the thyme** with **1 tbsp oil** (dbl for 4 ppl) on a baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, stirring halfway through cooking, until golden-brown, 25-28 min.



#### Make dressing

While **potatoes** roast, trim **green beans**. Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges. Whisk together **mustard**, **honey**, **remaining thyme**, **1 tsp lemon zest**, **2 tbsp lemon juice** and **1 tbsp oil** (dbl all for 4 ppl) in a small bowl. Set aside.



## **Cook** pork

Pat **pork** dry with paper towels, then season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **pork**. Pan-fry, until golden-brown and cooked through, 6-8 min per side.\*\* Transfer to a plate and cover to keep warm. Set aside.



Cook veggies

Add **1 tbsp oil** (dbl for 4 ppl) to the same pan, then **green beans** and **onions**. Season with **salt** and **pepper**. Cook, stirring occasionally, until **green beans** are tender-crisp, 4-6 min.



Dress veggies

Remove the pan from heat, then add **1 tbsp dressing** (dbl for 4 ppl) to the **veggies**. Stir to coat.



#### Finish and serve

Slice **pork**. Divide **pork**, **potatoes** and **veggies** between plates. Drizzle **remaining dressing** and any **remaining pork juices** from the plate over the **pork**. Squeeze over a **lemon wedge**, if desired.

# **Dinner Solved!**