



Maple-Balsamic Glazed Pork Chops

with Sweet Potato Mash and Feta

Quick

25 Minutes



Pork Chops,
boneless



Maple Syrup



Balsamic Glaze



Sweet Potato



Brussels Sprouts



Almonds, sliced



Feta Cheese,
crumbled



Garlic Salt

HELLO BALSAMIC GLAZE

Both sweet and tart, this flavour maker works in a variety of dishes!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, potato masher, strainer, parchment paper, small bowl, large pot, large non-stick pan, paper towels, vegetable peeler

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Maple Syrup	2 tbsp	4 tbsp
Balsamic Glaze	2 tbsp	4 tbsp
Sweet Potato	340 g	680 g
Brussels Sprouts	227 g	454 g
Almonds, sliced	28 g	56 g
Feta Cheese, crumbled	¼ cup	½ cup
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	2 tbsp	4 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 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.

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1



Cook sweet potatoes

Peel, then cut **sweet potatoes** into 1-inch pieces. Combine **sweet potatoes**, **1 tsp salt** (dbl for 4 ppl) and **enough water** to cover (by approx. 1-2 inches) in a large pot (use same for 4 ppl). Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, uncovered, until fork-tender, 10-12 min. Drain and return **sweet potatoes** to the same pot, off heat.

2



Toast almonds

While **sweet potatoes** cook, heat a large non-stick pan over medium heat. Add **almonds** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer **almonds** to a plate.

3



Cook pork

Stir together **maple syrup** and **balsamic glaze** in a small bowl. Pat **pork** dry with paper towels, then season with **half the garlic salt** and **pepper**. Return the same pan to medium. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **pork**. Pan-fry until golden, 2-3 min per side. Transfer **pork** to a parchment-lined baking sheet. Roast in the **middle** of the oven until cooked through, 9-12 min.** Drizzle **maple-balsamic mixture** onto **pork**, then toss to coat. Continue to roast until **glaze** is warmed through, 2-3 min.

4



Cook Brussels sprouts

While **pork** roasts, quarter **Brussels sprouts**. Heat the same pan over medium. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **Brussels sprouts**. Season with **remaining garlic salt** and **pepper**. Cook, stirring occasionally, until tender, 4-5 min. Remove pan from heat, then stir in **almonds**.

5



Finish mash

Mash **2 tbsp butter** (dbl for 4 ppl) into **sweet potatoes** until smooth. Season with **salt** and **pepper**.

6



Finish and serve

Slice **pork**. Divide **pork**, **sweet potato mash** and **Brussels sprouts** between plates. Drizzle any **remaining maple-balsamic glaze** from the small bowl over top of **pork**. Sprinkle **feta** over **Brussels sprouts**.

Dinner Solved!