



# Maple-Balsamic Glazed Pork Chops

with Sweet Potato Mash and Feta

30 Minutes



Pork Chops,  
boneless



Maple Syrup



Balsamic Glaze



Sweet Potato



Brussels Sprouts



Almonds, sliced



Feta Cheese,  
crumbled



Garlic Salt



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

## 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	¾ tsp	1 ½ tsp
Seasoned Salt	½ tbsp	1 tbsp
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 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

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### Cook sweet potatoes

- Peel, then cut **sweet potatoes** into 1-inch pieces.
- Add **sweet potatoes**, **1 tsp salt** (dbl for 4 ppl) and **enough water** to cover (by approx. 1-2 inches) to 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.



### Cook Brussels sprouts

- Meanwhile, quarter **Brussels sprouts**.
- Heat the same pan over medium.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **Brussels sprouts** and **2 tbsp water** (dbl for 4 ppl). Cover and cook, stirring often, until **Brussels sprouts** begin to soften, 2-3 min.
- Uncover, then season with **½ tsp garlic salt** (dbl for 4 ppl) and **pepper**. Cook, stirring occasionally, until tender, 3-4 min.
- Remove the pan from heat, then stir in **almonds**.



### Toast almonds

- Meanwhile, 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.



### Make sweet potato mash

- Mash **2 tbsp butter** (dbl for 4 ppl) into **sweet potatoes** until smooth.
- Season with **¼ tsp garlic salt** (dbl for 4 ppl) and **pepper**, to taste.



### Cook pork

- Stir together **maple syrup** and **balsamic glaze** in a small bowl.
- Pat **pork** dry with paper towels, then season with **seasoned 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.
- Remove the pan from heat. Transfer **pork** to a parchment-lined baking sheet. Roast in the **middle** of the oven until cooked through, 8-12 min.\*\*
- Drizzle **half the maple-balsamic mixture** over **pork**, then carefully flip to coat. Continue to roast until **glaze** is warmed through, 2-3 min.



### Finish and serve

- Slice **pork**.
- Divide **pork**, **sweet potato mash** and **Brussels sprouts** between plates.
- Drizzle **remaining maple-balsamic glaze** over **pork**.
- Sprinkle **feta** over **sweet potato mash**.

Dinner Solved!