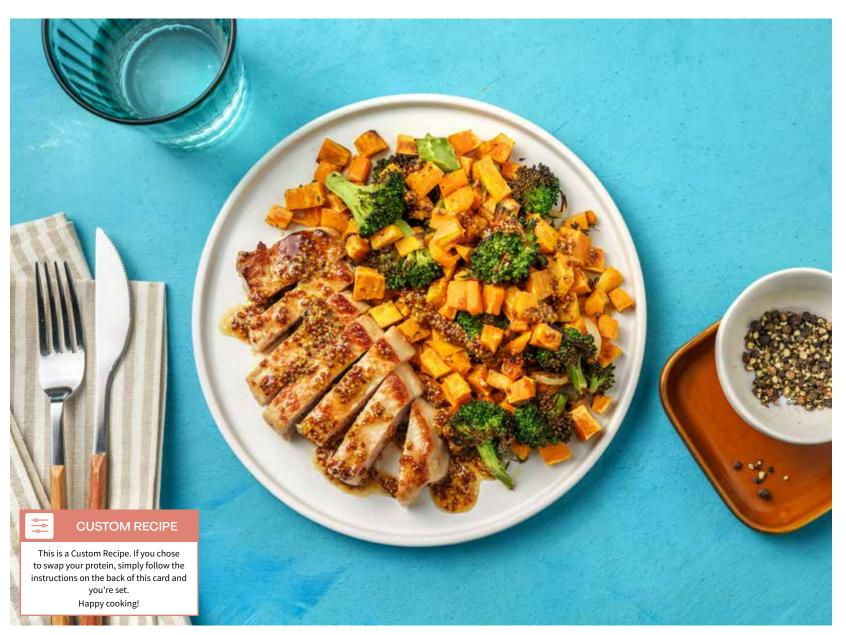


# Maple-Mustard Pork Chops

with Broccoli and Sweet Potatoes

Quick

25 Minutes





boneless





Sweet Potato







Broccoli, florets



Maple Syrup



Onion, sliced

Whole Grain Mustard



Garlic Salt

## Start here

- Before starting, preheat the oven
- Wash and dry all produce.

#### **Bust out**

2 Baking sheets, measuring spoons, small bowl, large non-stick pan, paper towels, vegetable peeler

## **Inaredients**

9		
	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
≅ Beef Steaks	340 g	680 g
Sweet Potato	340 g	680 g
Thyme	7 g	7 g
Broccoli, florets	227 g	454 g
Onion, sliced	113 g	227 g
Maple Syrup	2 tbsp	4 tbsp
Whole Grain Mustard	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Oil*		

Salt and Pepper\*

## **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



## Prep and roast sweet potatoes

Peel, then cut **sweet potatoes** into ½-inch pieces. Add sweet potatoes, onions, thyme sprigs, ½ tsp garlic salt and 1 tbsp oil (dbl both for 4 ppl) to a parchment-lined baking sheet. Season with pepper, then toss to combine. Roast in the **middle** of the oven until golden-brown and tender, 20-22 min.



### Prep and roast broccoli

Cut broccoli into bite-sized pieces. Add broccoli, 1/4 tsp garlic salt and 1 tbsp oil (dbl both for 4 ppl) to another baking sheet. Season with **pepper**, then toss to coat. When sweet potatoes and onions have been roasting for 10 min, roast broccoli in the top of the oven until tender, 10-12 min.



### Make maple-mustard sauce

While **veggies** roast, stir together **maple** syrup and mustard in a small bowl. Set aside.



## Pan-fry pork

Pat **pork** dry with paper towels. Season with pepper and remaining garlic salt. 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





If you've opted to get **steaks**, season them in the same way the recipe instructs you to season the **pork chops**. To cook **steaks**, pan-fry over medium-high heat until cooked to desired doneness, 5-8 min per side.\*\*



## Glaze pork

Remove pan from heat, then add maplemustard sauce. Flip pork to coat.



### Finish and serve

Thinly slice **pork**. Discard thyme sprigs from baking sheet, then divide veggies between plates. Top with pork, then drizzle maple-mustard sauce from pan over pork and veggies.

## **Dinner Solved!**

<sup>\*</sup> Pantry items

<sup>\*\*</sup> Cook pork to a minimum internal temperature of 71°C/160°F and steak to a minimum internal temperature of 63°C/145°F (for medium-rare), as size may vary.