



# Maple-Mustard Pork Chops with Broccoli and Sweet Potatoes

Quick 25 Minutes



Pork Chops, boneless



Beef Steaks



Sweet Potato



Thyme



Broccoli, florets



Onion, sliced



Maple Syrup



Whole Grain Mustard



Garlic Salt

**CUSTOM RECIPE**  
This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!

HELLO MAPLE SYRUP

Maple syrup helps to highlight the natural sweetness of the pork and veggies!

## Start here

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

## Bust out

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

## Ingredients

	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\*

\* Pantry items

\*\* 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.

## 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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### 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.



### 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 through, 6-8 min per side.\*\*

### CUSTOM RECIPE

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.\*\*



### Prep and roast broccoli

Cut **broccoli** into bite-sized pieces. Add **broccoli, ¼ 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.



### Glaze pork

Remove pan from heat, then add **maple-mustard sauce**. Flip **pork** to coat.



### Make maple-mustard sauce

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



### 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!