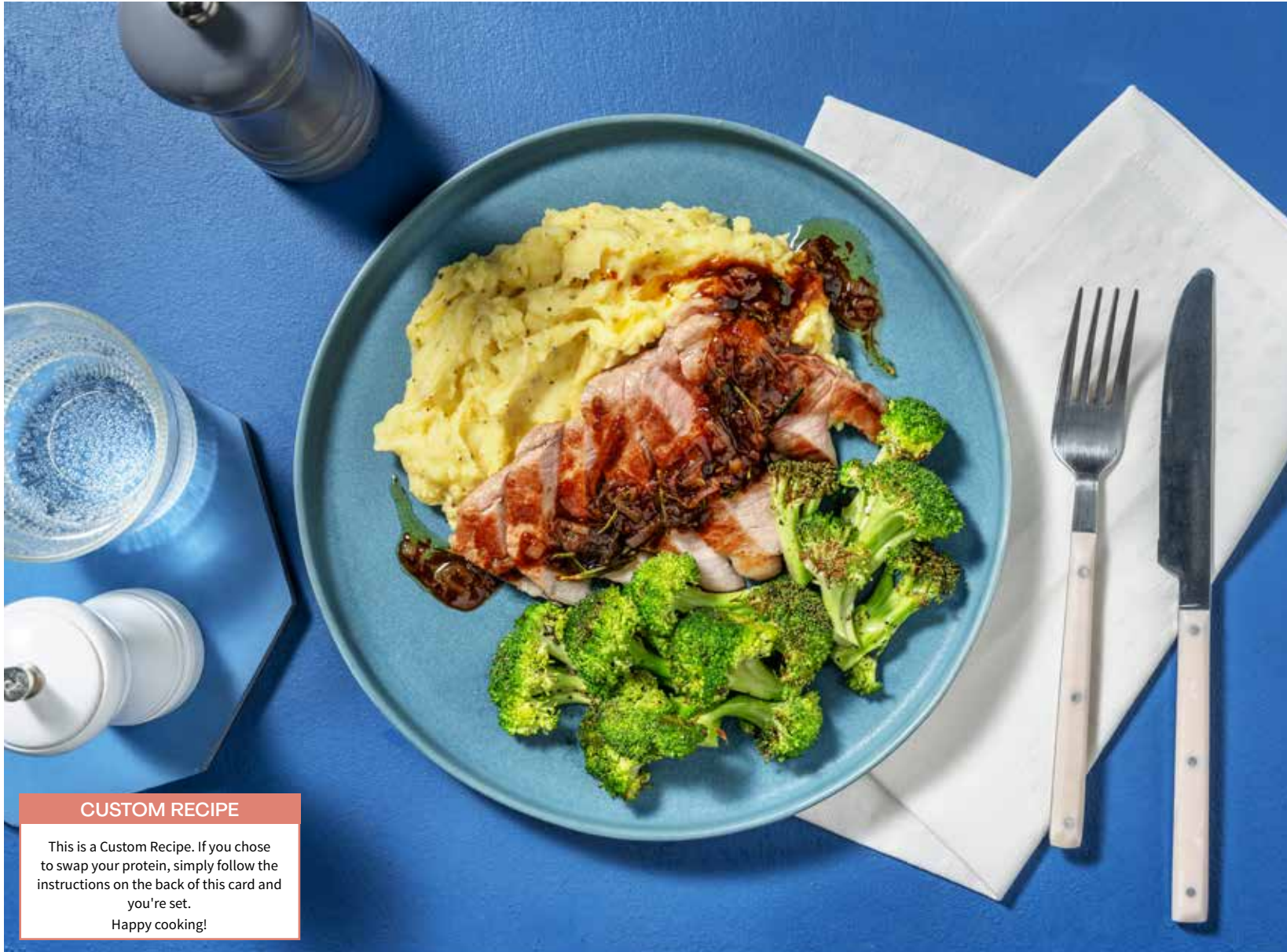




Pan-Seared Pork Chops

with Shallot Gravy, Broccoli and Buttery Mash

35 Minutes



Pork Chops, boneless



Chicken Breasts



Russet Potato



Rosemary



Chicken Broth Concentrate



Shallot



Broccoli, florets



Gravy Spice Blend

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 SHALLOT GRAVY

Shallots add a subtle sweetness to this quick and easy gravy!

Start here

- Before starting, preheat the oven to 400°F.
- Wash and dry all produce.

Bust out

2 Baking sheets, vegetable peeler, colander, measuring spoons, potato masher, measuring cups, whisk, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Chicken Breasts ♦	2	4
Russet Potato	690 g	1380 g
Rosemary	1 sprig	1 sprig
Chicken Broth Concentrate	1	2
Shallot	50 g	100 g
Broccoli, florets	227 g	454 g
Gravy Spice Blend	2 tbsp	4 tbsp
Milk*	¼ cup	½ cup
Unsalted Butter*	3 tbsp	6 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook chicken and pork to minimum internal temperatures of 74°C/165°F and 71°C/160°F, respectively.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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 potatoes

- Peel, then cut **potatoes** into ½-inch pieces.
- Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) 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.



Make shallot gravy

- Meanwhile, reheat the same pan (from step 2) over medium.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted, 30 sec.
- Add **shallots** and **rosemary**. Cook, stirring often, until **shallots** soften, 2-3 min.
- Sprinkle **Gravy Spice Blend** over top, then stir to coat, 30 sec. Whisk in **1 cup water** (1 ½ cups for 4 ppl) and **broth concentrate**. Bring to a simmer.
- Once simmering, cook, whisking often, until **sauce** thickens slightly, 2-3 min. (**TIP:** For a lighter consistency, add more water, 1-2 tbsp at a time, if desired!)



Cook pork

- Meanwhile, heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **pork** dry with paper towels, then season with **salt** and **pepper**.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **pork**. Pan-fry until golden, 2-3 min per side.
- Transfer **pork** to an unlined baking sheet. Roast in the **middle** of the oven until cooked through, 7-12 min.**

If you've opted to get **chicken breasts**, prepare and sear them in the same way the recipe instructs you to prepare and sear the **pork chops**, then adjust the roast time to 8-10 min.**



Mash potatoes

- When **potatoes** are fork-tender, drain and return **potatoes** to the same pot, off heat.
- Mash **¼ cup milk** and **2 tbsp butter** (dbl both for 4 ppl) into **potatoes**, until smooth.
- Season with **salt** and **pepper**, to taste.



Prep and roast broccoli

- Meanwhile, finely chop **1 tsp rosemary leaves** (dbl for 4 ppl).
- Peel, then thinly slice **shallot**. (**NOTE:** You will use shallots and rosemary for gravy in step 4.)
- Cut **broccoli** into bite-sized pieces.
- Add **broccoli**, **1 tbsp water** and **1 tbsp oil** (dbl both for 4 ppl) to another unlined baking sheet. (**TIP:** The water helps the broccoli to steam through!) Season with **salt** and **pepper**, then toss to coat.
- Roast **broccoli** in the **top** of the oven until tender, 10-14 min.



Finish and serve

- Slice **pork**.
- Add **any pork juices** from the baking sheet to the pan with **gravy**, then whisk to combine.
- Divide **pork**, **mashed potatoes** and **broccoli** between plates.
- Drizzle **shallot gravy** over **pork**.

Dinner Solved!