



Pan-Seared Pork Chops

with Onion Gravy, Broccoli and Buttery Mash

30 Minutes



Pork Chops,
boneless



Russet Potato



Rosemary



Chicken Broth
Concentrate



Red Onion



Broccoli, florets



All-Purpose Flour

HELLO ONION GRAVY

Red onion adds 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, colander, potato masher, measuring cups, whisk, large pot, large non-stick pan, paper towels, vegetable peeler

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Russet Potato	690 g	1380 g
Rosemary	1 sprig	1 sprig
Chicken Broth Concentrate	1	2
Red Onion	56 g	113 g
Broccoli, florets	227 g	454 g
All-Purpose Flour	1 tbsp	2 tbsp
Unsalted Butter*	3 tbsp	6 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.

Contact

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



Cook potatoes

Peel, then cut **potatoes** into ½-inch pieces. Combine **potatoes**, **2 tsp salt** and enough **water** to cover (approx. 1 inch) in a large pot. (**NOTE:** Use same for 4 ppl.) Cover and bring to a boil over high heat. Once boiling, reduce the heat to medium. Simmer, uncovered, until fork-tender, 10-12 min.



Make onion gravy

Add **½ tbsp oil** (dbl for 4 ppl) to the same pan, then **onions** and **rosemary**. Cook, stirring often, until **onions** soften, 2-3 min. Reduce heat to medium. Add **1 tbsp butter** (dbl for 4 ppl) and stir until melted, 1 min. Sprinkle over **flour** and stir to coat. Whisk in **broth concentrate** and **¾ cups water** (dbl for 4 ppl). Simmer, whisking occasionally, until **sauce** thickens slightly, 2-3 min.



Roast broccoli

While **potatoes** cook, finely chop **1 tsp rosemary leaves** (dbl for 4 ppl). Peel, then thinly slice **half the onion** (whole onion for 4 ppl). Cut **broccoli** into bite-sized pieces. Toss **broccoli** with **1 tbsp oil** (dbl for 4 ppl) on a baking sheet. Season with **salt** and **pepper**. Roast, in the **top** of the oven, until tender, 12-14 min.



Mash potatoes and finish gravy

When **potatoes** are fork-tender, drain and return them to the same pot, off heat. Using a masher, mash **2 tbsp butter** (dbl for 4 ppl) into **potatoes**, until smooth. Season with **salt** and **pepper**. Slice **pork**. Add any **pork juices** from the baking sheet to the pan with the **gravy** and whisk to combine. (**TIP:** This will add loads of extra flavour to this delicious gravy!)



Cook pork

While **broccoli** roasts, pat **pork** dry with paper towels, then season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **pork**. Pan-fry, until golden, 2-3 min per side. When **pork** is golden, transfer to another baking sheet. Roast, in the **middle** of the oven, until cooked through, 10-12 min.**



Finish and serve

Divide **pork**, **mashed potatoes** and **roasted broccoli** between plates. Drizzle **onion gravy** over **pork**.

Dinner Solved!