



# Pan-Seared Pork Chops and Broccoli Rice with Cheddar Cheese Sauce

Family Friendly

30 Minutes



Pork Chops,  
boneless



Parboiled Rice



Broccoli, florets



Chicken Broth  
Concentrate



Garlic Puree



Cream Cheese



Chives



Cream Sauce Spice  
Blend



Cheddar Cheese,  
shredded



Dijon Mustard

HELLO CHIVES

*Add a delicate onion flavour to dinner with this bright green herb!*

## Start here

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

## Bust out

Baking sheet, measuring spoons, medium pot, measuring cups, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Parboiled Rice	¾ cup	1 ½ cups
Broccoli, florets	227 g	454 g
Chicken Broth Concentrate	1	2
Garlic Puree	1 tbsp	2 tbsp
Cream Cheese	2 tbsp	4 tbsp
Chives	7 g	7 g
Cream Sauce Spice Blend	1 tbsp	2 tbsp
Cheddar Cheese, shredded	½ cup	1 cup
Dijon Mustard	1 ½ tsp	3 tsp
Unsalted Butter*	1 tbsp	2 tbsp
Milk*	1 cup	2 cups
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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## Prep

Cut **broccoli** into bite-sized pieces. Finely chop **chives**. Pat **pork** dry with paper towels, then season with **salt** and **pepper**.



## Cook pork

While **broccoli rice** cooks, 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. Transfer **pork** to an unlined baking sheet. Roast in **middle** of the oven until cooked through, 10-12 min.\*\*



## Start rice

Heat a medium pot over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **garlic puree** and **rice**. Cook, stirring often, until fragrant, 2-3 min. Add **broth concentrate**, **1 ¼ cups water** and **⅛ tsp salt** (dbl both for 4 ppl). Stir to combine, then bring to a boil over high heat.



## Make cheddar cheese sauce

While **pork** roasts, return the same pan to medium, then add **1 tbsp butter** (dbl for 4 ppl). Swirl the pan until **butter** is melted, 30 sec. Sprinkle **Cream Sauce Spice Blend** into **butter**. Cook, stirring constantly, until a **paste** forms, 30 sec. Whisk in **cream cheese** and **1 cup milk** (dbl for 4 ppl). Bring to a boil, constantly stirring, until **sauce** thickens slightly, 1-2 min. Remove the pan from heat. Stir in **cheddar cheese** and **Dijon**, then season with **salt** and **pepper**.



## Cook broccoli rice

Once boiling, add **broccoli** to **rice** without stirring, then reduce heat to medium-low. Cover and cook until **rice** is tender and **liquid** is absorbed, 15-18 min. Remove the pot from heat. Set aside, still covered.



## Finish and serve

Fluff **rice** with a fork and stir in **half the chives** and **half the cheddar cheese sauce**. Divide **broccoli rice** and **pork chops** between plates. Spoon **remaining cheddar cheese sauce** over top. Sprinkle with **remaining chives**.

## Dinner Solved!