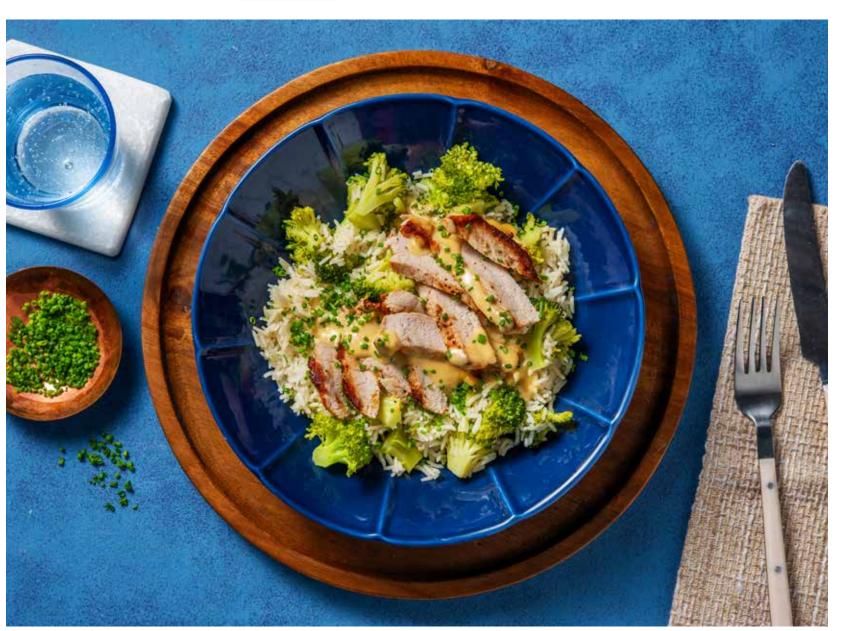


# Pan-Seared Pork Chops and Broccoli Rice

with Cheddar Cheese Sauce

Family Friendly

30 Minutes







Parboiled Rice



Broccoli, florets







Chicken Broth Concentrate

Cream Cheese



Chives



Cream Sauce Spice



Cheddar Cheese, shredded



Dijon Mustard

## 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

ingi calcines		
	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

Call or email us | (855) 272-7002 hello@hellofresh.ca HelloFresh.ca





# Prep

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



#### 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 ½ cups water and ½ tsp salt (dbl both for 4 ppl). Stir to combine, then bring to a boil over high heat.



## 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.



## Cook pork

While **broccoli rice** cooks, heat a large nonstick 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.\*\*



## 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**.



## 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!**