



# Pineapple-Apricot Pork Chops

## with Rosemary-Parmesan Potatoes and Snap Peas

Special Plus 40 Minutes



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Pork Chops, bone-in



Chicken Breasts



Zesty Garlic Blend



Apricot Spread



Soy Sauce



Dijon Mustard



Gravy Spice Blend



Pineapple



Sugar Snap Peas



Dried Rosemary



Red Potato



Parmesan Cheese, shredded

### 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 APRICOT SPREAD

Tart, sweet and perfect for sauces and dressings!

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

**Measurements within steps** **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** (Ingredient)

## Bust out

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

## Ingredients

	2 Person	4 Person
Pork Chops, bone-in	2	4
Chicken Breasts*	2	4
Zesty Garlic Blend	1 tbsp	2 tbsp
Apricot Spread	4 tbsp	8 tbsp
Soy Sauce	½ tbsp	1 tbsp
Dijon Mustard	1 ½ tsp	1 ½ tsp
Gravy Spice Blend	1 tbsp	2 tbsp
Pineapple	95 g	190 g
Sugar Snap Peas	227 g	454 g
Dried Rosemary	½ tsp	1 tsp
Red Potato	7	14
Parmesan Cheese, shredded	¼ cup	½ cup
Unsalted Butter*	3 tbsp	5 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

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

† 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.*



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1



### Boil potatoes

- Quarter **potatoes** lengthwise.
- 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-high. Boil uncovered until just fork-tender, 10-11 min.
- Drain **potatoes** in a colander and set aside.

4



### Cook snap peas

- Meanwhile, return the same pan to medium.
- Add **1 tbsp** (1 ½ tbsp) **butter**, then swirl until melted.
- Add **snap peas**. Season with **remaining Zesty Garlic Blend**.
- Cover and cook, stirring occasionally, until tender-crisp, 4-5 min. Season with **salt** and **pepper**, to taste.
- Transfer **snap peas** to a plate, then cover to keep warm.
- Return the pan to medium-high.

2



### Prep

- Meanwhile, trim **snap peas**.
- Cut **pineapple** into ¼-inch pieces.
- Whisk together **apricot spread**, **Dijon**, **soy sauce**, **half the Gravy Spice Blend** (use all for 4 ppl) and **½ cup** (¾ cup) **water** in a medium bowl. (**NOTE:** This is your apricot sauce mixture.)

5



### Make pineapple-apricot sauce

- While **snap peas** cook, heat a small pot over medium heat.
- When hot, add **1 tbsp** (1 ½ tbsp) **butter**, then **pineapple**. Cook, stirring occasionally, until warmed through, 30 sec-1 min.
- Add **apricot sauce mixture**. Bring to a simmer.
- Once simmering, cook, stirring occasionally, until **sauce** thickens slightly, 2-3 min.
- Season with **salt** and **pepper**, to taste. (**TIP:** Stir in any pork resting juices from the baking sheet for added flavour!)
- Remove from heat. Cover to keep warm.

3



### Cook pork

- Heat a large non-stick pan over medium-high heat.
- Meanwhile, pat **pork** dry with paper towels. Season with **2 tsp** (4 tsp) **Zesty Garlic Blend**.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **pork**. Pan-fry until golden-brown, 1-2 min per side. Remove from heat.
- Transfer to an unlined baking sheet.
- Roast in the **top** of the oven until cooked through, 10-12 min.\*\*

If you've opted to get **chicken breasts**, prepare, sear and roast them in the same way the recipe instructs you to prepare, sear and roast the **pork chops**\*\*

6



### Finish and serve

- Add **1 tbsp** (2 tbsp) **butter** to the hot pan (from step 4), then swirl until melted.
- Add **potatoes** and **½ tsp** (1 tsp) **rosemary**. Season with **salt** and **pepper**. Cook, stirring occasionally, until golden-brown, 3-4 min.
- Sprinkle **Parmesan** over **potatoes**. Cook, stirring occasionally, until **Parmesan** melts, 1-2 min.
- Divide **potatoes**, **pork** and **snap peas** between plates.
- Spoon **pineapple-apricot sauce** over **pork**.

**Dinner Solved!**