



PORK CHOPS

with Celery-Apple Salad and Dill Potatoes

FAMILY



HELLO CELERY

Not to be underrated! It's the perfect crunch for this summer salad

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 516



Pork Chops, boneless



Baby Red Potatoes



Lemon



Whole Grain Mustard



Gala Apple



Celery, sliced



Dill



Sour Cream



HFC Finishing Salt

BUST OUT

- Large Non-Stick Pan
- Paper Towel
- 2 Medium Bowls
- Strainer
- Measuring Spoons
- Sugar (2 tsp)
- Whisk
- Salt and Pepper
- Large Pot
- Olive or Canola oil

INGREDIENTS

4-person

- Pork Chops, boneless 570 g
- Baby Red Potatoes 680 g
- Lemon 1
- Whole Grain Mustard 6,9 2 tbsp
- Gala Apple 2
- Celery, sliced 113 g
- Dill 20 g
- Sour Cream 2 6 tbsp
- HFC Finishing Salt 1 tbsp

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 71°C/160°F.



START STRONG

Patting the pork dry before seasoning and cooking, helps reduce the amount of moisture the chop releases, creating less steam during cooking. This allows your meat to get a flavourful golden-brown crust.



1 BOIL POTATOES

Wash and dry all produce.* Cut the **potatoes** in half (or into quarters if they are larger). In a large pot, combine the **potatoes** with enough **water** to cover (approximately 1-2 inches) and **1 tsp salt**. Bring to a boil over high heat. Cook until the **potatoes** are fork-tender, 10-12 min.



4 COOK PORK

Pat the **pork** dry with paper towels, then season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When the pan is hot, add **1 tbsp oil**, then the **pork**. Pan-fry until the **pork** is golden-brown and cooked through, 4-6 min per side. (**TIP:** Cook to a minimum internal temp. of 71°C/160°F, as size may vary.**)



2 MAKE DRESSINGS

Meanwhile, roughly chop the **dill**. Juice the **lemon**. In a medium bowl, whisk together the **mustard**, **dill**, **2 tsp sugar**, **3 tbsp lemon juice** and **2 tbsp oil**. Transfer **half the dill dressing** to another medium bowl and stir in the **sour cream**. Set aside.



5 FINISH POTATOES

When the **potatoes** are fork-tender, drain and add the **potatoes** to the **reserved dill-sour cream dressing**. Toss together and season with **salt** and **pepper**.



3 MAKE SALAD

Core, then cut the **apple(s)** into 1/4-inch pieces. Add the **apple** and **celery** to the medium bowl with the **remaining dill dressing** (without the sour cream) and toss together. Season with **salt** and **pepper**. Set aside.



6 FINISH AND SERVE

Thinly slice the **pork**, then sprinkle with some **HFC finishing salt**. Divide the **celery-apple salad** between plates and top with the **pork**. Serve with the **potato salad**.

BRIGHT!

Dill adds both colour and fresh flavour to this summer dish!