



Pork Chops and Creamy Mustard Sauce

with Feta and Tomato Green Salad

Keto Special

Quick

25 Minutes



Pork Chops, bone-in



Feta Cheese, crumbled



Avocado



Baby Tomatoes



Arugula and Spinach Mix



Garlic, cloves



Cream



Whole Grain Mustard



Red Wine Vinegar



Chicken Broth Concentrate

HELLO WHOLE GRAIN MUSTARD

Canada is among the world's top producers of mustard seeds!

Start here

Before starting, wash and dry all produce.

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

Bust out

Medium bowl, measuring spoons, aluminum foil, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, bone-in	2	4
Feta Cheese, crumbled	½ cup	1 cup
Avocado	1	2
Baby Tomatoes	113 g	227 g
Arugula and Spinach Mix	56 g	113 g
Garlic, cloves	2	4
Cream	56 ml	113 ml
Whole Grain Mustard	1 tbsp	2 tbsp
Red Wine Vinegar	1 tbsp	2 tbsp
Chicken Broth Concentrate	1	2
Unsalted Butter*	½ tbsp	1 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 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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Cook pork

- Heat a large non-stick pan over medium heat.
- While the pan heats, pat **pork** dry with paper towels. Season with **salt** and **pepper**.
- When hot, add **1 tsp oil**, then **pork**. (**NOTE:** For 4 ppl, pan-fry pork chops in batches, using 1 tsp oil per batch.) Pan-fry until golden-brown and cooked through, 6-8 min per side.**
- Remove from heat, then transfer **pork chops** to a cutting board. Cover loosely with foil and set aside to rest, 2-3 min.



Slice pork and finish sauce

- Once **pork** has rested, thinly slice.
- Stir **any pork resting juices** into **sauce**. Season with **salt** and **pepper**, to taste.



Prep

- Meanwhile, peel, then mince or grate **garlic**.
- Halve **tomatoes**.
- Peel, pit, then cut **avocado** into ½-inch pieces.
- Add **avocados, tomatoes, vinegar** and **1 tbsp** (2 tbsp) **oil** to a medium bowl. Season with **salt** and **pepper**, then toss to combine.
- Place **arugula and spinach mix** over top. Do not toss until just before serving.



Finish and serve

- Toss **salad** to combine. Divide between plates, then sprinkle **feta** over top.
- Top **salads** with **pork**.
- Drizzle **creamy mustard sauce** over **pork**.



Make sauce

- Reheat the same pan (from step 1) over medium.
- When hot, add **½ tbsp** (1 tbsp) **butter**, then **garlic**. Cook, stirring until **butter** melts and **garlic** is fragrant, 30 sec.
- Add **¼ cup** (½ cup) **water, cream, mustard** and **broth concentrate**. Bring to a simmer.
- Cook, stirring occasionally, until **sauce** thickens slightly, 2-3 min.
- Remove from heat.

Dinner Solved!