



# PORK CHOPS WITH ONION GRAVY

with Kohlrabi Mash and Garlicky Green Beans

FAMILY



## HELLO KOHLRABI

Also called the German turnip, is a veggie that is part of the cabbage family!

TIME: 35 MIN



Pork Chops, boneless



Parsley



Green Beans



Onion, sliced



All-Purpose Flour



Chicken Demi-Glaze



Kohlrabi



Sour Cream



Garlic



Soy Sauce

## BUST OUT

- Baking Sheet
- Garlic Press
- Measuring Cups
- Medium Pot
- Measuring Spoons
- Large Non-Stick Pan
- Strainer
- Whisk
- Paper Towels
- Peeler
- Potato Masher
- Salt and Pepper
- Unsalted Butter **2**
- Olive or Canola Oil (3 tbspc)

## INGREDIENTS

4-person

- Pork Chops, boneless 680 g
- Parsley 7 g
- Green Beans 340 g
- Onion, sliced 113 g
- All-Purpose Flour **1** 1 tbspc
- Chicken Demi-Glace **2,9** 2
- Kohlrabi 680 g
- Sour Cream **2** 3 tbspc
- Garlic 12 g
- Soy Sauce **1,4** 1 tbspc

## 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 Fish/Poisson
- 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

Preheat the oven to **400°F** (to roast green beans and finish pork). Start prepping when the oven comes up to temperature!



**1 COOK KOHLRABI**  
Wash and dry all produce.\* Peel, then cut **kohlrabi** into ½-inch pieces. In a medium pot, combine **kohlrabi**, **1 tsp salt** and enough **water** to cover (approx. 1 inch). Cover and bring to a boil over high heat. Once boiling, reduce the heat to medium. Simmer, uncovered, until fork-tender, 22-24 min.



**4 MAKE GRAVY**  
Meanwhile, heat the same pan over medium heat. When the pan is hot, add **1 tbspc butter**, then **onions**. Cook, stirring often, until softened, 3-4 min. Sprinkle over **flour**. Cook, stirring often, until coated, 1 min. Whisk in **demi-glace**, **soy sauce**, **garlic** and **1 cup water**. Season with **pepper**. Cook, stirring often, until slightly thickened 4-5 min. Remove from heat, then stir in **half the parsley**. Set aside.



**2 PREP & ROAST BEANS**  
Meanwhile, finely chop **parsley**. Cut stems off **green beans**. Peel, then mince or grate **garlic**. Pat **pork** dry with paper towels, then season with **salt** and **pepper**. On one half of a baking sheet, toss **beans** with **1 tbspc oil**. Season with **salt** and **pepper**. Roast, in **middle** of oven, until almost tender-crisp, 5-6 min.



**5 MAKE KOHLRABI MASH**  
When **kohlrabi** is done, drain and return to the same pot, off heat. Using a masher, mash in **sour cream** and **2 tbspc butter** until smooth. Stir in **remaining parsley**. Season with **salt** and **pepper**.



**3 COOK PORK**  
Meanwhile, heat a large non-stick pan over medium-high heat. When the pan is hot, add **½ tbspc oil**, then **pork**. Pan-fry, until golden-brown, 2-3 min per side. Remove pan from heat. To the other half of the baking sheet, add **pork**. Roast, in **middle** of oven, until **beans** are tender-crisp and **pork** is cooked through, 5-8 min. (**TIP:** Cook to a min. internal temp. of 71°C/160°F, as size may vary.\*\*)



**6 FINISH AND SERVE**  
Slice **pork**. Divide **kohlrabi mash** between plates. Top with **pork** and spoon over **gravy**. Serve **beans** on the side.

## GRATIFYING!

The combination of onions, soy sauce and chicken demi-glace makes for a delicious gravy!

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