



# Sage Pork Chops and Apple Chutney

with Onion Gravy

35 Minutes



## 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!



Pork Chops, boneless



Sage



Russet Potato



Chicken Broth Concentrate



All-Purpose Flour



Chicken Breasts



Gala Apple



Yellow Onion



Carrot



Garlic, cloves

HELLO SAGE

*This fuzzy and leafy herb is both fragrant and flavourful!*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

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

## Bust out

2 Baking sheets, vegetable peeler, measuring spoons, parchment paper, small pot, measuring cups, large pot, large non-stick pan, paper towels, potato masher

## Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Chicken Breasts*	2	4
Sage	7 g	7 g
Gala Apple	2	4
Russet Potato	460 g	920 g
Yellow Onion	113 g	227 g
Chicken Broth Concentrate	2	4
Carrot	170 g	340 g
All-Purpose Flour	1 tbsp	2 tbsp
Garlic, cloves	1	2
Unsalted Butter*	4 tbsp	8 tbsp
Milk*	¼ cup	½ cup
Sugar*	½ tsp	1 tsp
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.

• 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.

## Contact

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## Prep and start potatoes

- Peel, then cut **potatoes** into 1-inch pieces.
- 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. Simmer uncovered until fork-tender, 10-12 min.
- Drain and return **potatoes** to the same pot, off heat.



## Make chutney

- Peel, core then cut **apple** into ¼-inch cubes.
- Peel, then cut **onion** into ¼-inch cubes.
- Heat a small pot over medium-high heat. When hot, add **1 tbsp** (2 tbsp) **butter**, then **apples** and **half the onions**.
- Cook, stirring often, until **apples** have softened, 4-5 min.
- Sprinkle **½ tsp** (1 tsp) **sugar** over **apples**. Using a potato masher, lightly mash **apples**.
- Season with **salt** and **pepper** to taste. Set aside.



## Roast carrots

- Meanwhile, peel, then cut **carrot** into ½-inch coins.
- Add **carrots** and **1 tbsp** (2 tbsp) **oil** to a parchment lined-baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Roast **carrots** in the **top** of the oven, tossing halfway through, until **carrots** are tender, 12-14 min.



## Make gravy

- Peel, then mince or grate **garlic**.
- Reheat the same pan (from step 3) over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **garlic**, **remaining onions** and **remaining sage**. Season with **salt** and **pepper**. Cook, stirring often, until **onions** soften, 2-3 min.
- Sprinkle **flour** over **onions**. Cook, stirring frequently, until coated, 1 min.
- Add **broth concentrates** and **½ cup** (1 cup) **water** to the pan with **onions**. Cook, stirring often, until **gravy** thickens slightly, 2-3 min.
- Season with **salt** and **pepper**, to taste.



## Cook pork

- Strip **sage leaves** from stems, then finely chop.
- Pat **pork** dry with paper towels. Season with **salt**, **pepper** and **half the sage**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **pork**. Pan-fry until **pork** is golden, 2-3 min per side.
- Transfer **pork** to an unlined baking sheet.
- Roast in the **middle** of the oven until **pork** is cooked through, 6-10 min.\*\*

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



## Finish and serve

- Roughly mash **2 tbsp** (4 tbsp) **butter** and **3 tbsp** (6 tbsp) **milk** into **potatoes** until slightly mashed. (**NOTE:** 'Smashed' potatoes will still have a few chunks!) Season with **salt** and **pepper**, to taste.
- Thinly slice **pork**.
- Divide **pork**, **mash**, **carrots** and **apple chutney** between plates.
- Spoon **gravy** over **pork** and **mash**.

Dinner Solved!