



Smart Pork Chops and Apricot Sauce

with Thyme Roasted Veggie Medley

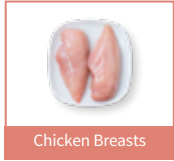
Carb Smart

Calorie Smart

30 Minutes



Pork Chops, boneless



Chicken Breasts



Carrot



Broccoli, florets



Whole Grain Mustard



Garlic Powder



Chicken Broth Concentrate



Apricot Spread



Thyme



Yellow Onion

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 THYME

This woody herb packs a fragrant and savoury punch!

Start here

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

Bust out

2 Baking sheets, vegetable peeler, measuring spoons, large bowl, parchment paper, small bowl, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Chicken Breasts	2	4
Carrot	170 g	340 g
Broccoli, florets	227 g	454 g
Whole Grain Mustard	½ tbsp	1 tbsp
Garlic Powder	1 tsp	2 tsp
Chicken Broth Concentrate	1	2
Apricot Spread	2 tbsp	4 tbsp
Thyme	7 g	7 g
Yellow Onion	56 g	113 g
Unsalted Butter*	1 tbsp	2 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.

♦ 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 roast carrots and onions

- Peel, then cut **carrot** into ¼-inch rounds.
- Peel, then cut **half the onion** into 1-inch pieces (whole onion for 4 ppl).
- Strip **½ tbsp thyme leaves** (dbl for 4 ppl) from stems.
- Add **carrots, onions, half the thyme, ¼ tsp garlic powder** and **½ tbsp oil** (dbl both for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, stirring halfway through, until **carrots** are tender, 22-24 min.



Roast broccoli

- Meanwhile, add **broccoli, remaining garlic powder** and **remaining thyme** to a large bowl. Drizzle **2 tsp oil** (dbl for 4 ppl) into bowl. Season with **salt** and **pepper**, then toss to coat.
- When **carrots and onions** are halfway done, add **broccoli** to the baking sheet, then toss to combine.
- Roast **veggies** for the remaining time until **broccoli** is tender-crisp, 12-14 min.



Finish prep

- Meanwhile, cut **broccoli** into bite-sized pieces.
- Combine **broth concentrate, apricot spread, half the mustard** (use all for 4 ppl), **a pinch of garlic powder** and **3 tbsp water** (dbl both for 4 ppl) in a small bowl.



Cook apricot sauce

- When **pork** is almost done, add **apricot mixture** to the same pan (from step 3).
- Return the pan to medium. Bring **sauce** to a simmer.
- Once simmering, cook, stirring often, until **sauce** thickens slightly, 1-2 min. Season with **salt** and **pepper**, to taste.
- Remove the pan from heat. Add **any pork juices** from the baking sheet and **1 tbsp butter** (dbl for 4 ppl), then stir until melted and combined.



Cook pork

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **pork** dry with paper towels. Season with **salt, pepper** and **half the remaining garlic powder**.
- When the pan is hot, add **½ tbsp oil** (dbl for 4 ppl), then **pork**. Pan-fry until golden, 2-3 min per side.
- Remove the pan from heat. Transfer **pork** to an unlined baking sheet.
- Roast in the **top** of the oven until cooked through, 8-10 min.**

If you've opted to get **chicken breasts**, prepare and sear them in the same way the recipe instructs you to prepare and sear the **pork chops**, then increase the roast time to 10-12 min.**



Finish and serve

- Thinly slice **pork**.
- Divide **veggies** and **pork** between plates.
- Spoon **apricot sauce** over **pork**.

Dinner Solved!