



Smart Paprika-Rubbed Pork Chops

with Garlic Roasted Veggies

Carb Smart

Calorie Smart

30 Minutes



Pork Chops, boneless



Cream Sauce Spice Blend



Chicken Stock Powder



Shallot



Garlic Powder



Brussels Sprouts



Carrot



Smoked Paprika

HELLO SMOKED PAPRIKA

Also called pimentón, this paprika is made from red peppers that are smoked and dried over oak fires!

Start here

- Before starting, preheat the oven to 450°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, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Cream Sauce Spice Blend	1 tbsp	2 tbsp
Chicken Stock Powder	1 tbsp	2 tbsp
Shallot	50 g	100 g
Garlic Powder	1 tsp	2 tsp
Brussels Sprouts	170 g	340 g
Carrot	170 g	340 g
Smoked Paprika	1 tsp	2 tsp
Unsalted Butter*	1 ½ tbsp	3 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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Roast veggies

- Peel, then cut **carrot** into ¼-inch rounds.
- Halve **any Brussels sprouts** larger than 1 inch.
- Add **carrots, Brussels sprouts, half the garlic powder, half the stock powder, 2 tbsp** (4 tbsp) **water** and **1 tbsp** (2 tbsp) **oil** to a parchment lined-baking sheet. Season with **pepper**, then toss to coat.
- Roast in the **middle** of the oven, stirring halfway through, until **veggies** are tender, 18-22 min.



Make shallot gravy

- Reheat the same pan over medium.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan until melted.
- Add **shallots**. Cook, stirring occasionally, until golden-brown, 2-3 min.
- Sprinkle **Cream Sauce Spice Blend** into the pan. Cook, stirring constantly, until combined, 30 sec.
- Gradually whisk in ¾ **cup** (1 ½ cups) **water** and **remaining stock powder**. Cook, whisking occasionally, until **gravy** comes to a simmer.
- Simmer **gravy**, whisking occasionally, until thickened slightly, 1-2 min.
- Remove the pan from heat.



Prep

- Meanwhile, peel, then cut **shallot** into ¼-inch pieces.
- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **pork** dry with paper towels. Season with **salt, pepper, paprika** and **remaining garlic powder**.



Finish gravy and slice pork

- Add **any pork drippings** from the baking sheet to the pan with **gravy**, then season with **pepper**, to taste.
- Thinly slice **pork**.



Cook pork

- When the pan is hot, add ½ **tbsp** (1 tbsp) **butter**, then swirl the pan until melted.
- Add **pork**. Pan-fry until golden-brown, 1-2 min per side.
- Remove the pan from heat, then transfer **pork** to an unlined baking sheet.
- Roast **pork** in the **top** of the oven until cooked through, 8-10 min.**
- Carefully wipe the pan clean.



Finish and serve

- Divide **pork** and **veggies** between plates.
- Spoon **shallot gravy** over **pork**.

Dinner Solved!