



Smart Pork Chops and Apricot Sauce

with Thyme Roasted Veggie Medley

Carb Smart

Calorie Smart

30 Minutes



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Pork Chops, boneless



Carrot



Broccoli, florets



Whole Grain Mustard



Garlic Powder



Chicken Broth Concentrate



Apricot Spread



Thyme



Yellow Onion

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

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

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
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 to a minimum internal temperature of 71°C/160°F.

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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1



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.

4



Roast broccoli

- Meanwhile, add **broccoli, remaining garlic powder** and **remaining thyme** to a large bowl. Drizzle **2 tsp oil** (dbl for 4 ppl) into the 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.

2



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.

5



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.

3



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, 1-2 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.**

6



Finish and serve

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

Dinner Solved!