



Smart Pork Chops and Garlicky Gravy

with Roasted Vegetable Medley

Calorie Smart

Carb Smart

35 Minutes



Pork Chops, boneless



Gravy Spice Blend



Italian Seasoning



Carrot



Zucchini



Red Potato



Parmesan Cheese, shredded



Garlic, cloves



Shallot



Parsley



Garlic Salt



Chicken Broth Concentrate

HELLO ITALIAN SEASONING

Our blend of hearty herbs and zesty garlic!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

2 Baking sheets, vegetable peeler, measuring spoons, whisk, large non-stick pan, paper towels, measuring cups

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Gravy Spice Blend	2 tbsp	4 tbsp
Italian Seasoning	½ tbsp	1 tbsp
Carrot	170 g	340 g
Zucchini	200 g	400 g
Red Potato	240 g	480 g
Parmesan Cheese, shredded	¼ cup	½ cup
Garlic, cloves	1	2
Shallot	50 g	100 g
Parsley	7 g	7 g
Garlic Salt	2 tsp	4 tsp
Chicken Broth Concentrate	1	2
Unsalted Butter*	1 tbsp	2 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 carrots and potatoes

Peel, then cut **carrot** into ¼-inch rounds. Cut **potatoes** into ½-inch pieces. Add **potatoes, carrots** and **2 tsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **pepper, half the garlic salt** and **¼ tsp Italian Seasoning** (dbl for 4 ppl), then toss to coat. Roast in the **middle** of the oven until **veggies** start to soften, 10-12 min. (**NOTE:** Veggies will finish roasting in step 4.)



Roast zucchini

While **pork** cooks, add **zucchini** to the baking sheet with **potatoes** and **carrots**. Drizzle **2 tsp oil** (dbl for 4 ppl) over **zucchini**. Season with **pepper, remaining garlic salt** and **¼ tsp Italian Seasoning** (dbl for 4 ppl). Toss **zucchini** with **veggies**. Continue roasting until **veggies** are tender, 12-14 min.



Prep

While **potatoes** and **carrots** roast, cut **zucchini** into ¼-inch rounds. Peel, then mince or grate **garlic**. Peel, then cut **shallot** into ¼-inch pieces. Finely chop **parsley**. Pat **pork chops** dry with paper towels. Season with **pepper** and **half the remaining garlic salt**.



Make gravy

When **veggies** are almost done, heat the same pan (from step 3) over medium. When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted. Add **shallots**. Cook, stirring occasionally, until slightly softened, 3-4 min. Add **garlic**. Cook, stirring often, until fragrant, 30 sec. Sprinkle **Gravy Spice Blend** into the pan. Cook, stirring constantly, until **shallots** are coated. Gradually whisk in **¾ cup water** (dbl for 4 ppl) and **broth concentrate**. Cook, whisking often, until **sauce** comes to a simmer. Once simmering, continue whisking until **sauce** thickens slightly, 1-2 min. Remove the pan from heat.



Cook pork

Heat a large non-stick pan over medium-high heat. When hot, add **1 tsp oil** (dbl for 4 ppl), then **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 in the **top** of the oven until cooked through, 8-10 min.**



Finish and serve

Add **half the parsley** to the pan with **gravy**. Season with **pepper**, to taste, then stir to combine. Thinly slice **pork**. Divide **pork** and **veggies** between plates. Sprinkle **Parmesan** over **veggies**. Spoon **gravy** over **pork**. Sprinkle **remaining parsley** over top.

Dinner Solved!