



# Smart Pork Chops and Garlicky Gravy

## with Roasted Parm Veggie Medley

Carb Smart

Calorie Smart

35 Minutes



Pork Chops, boneless



Gravy Spice Blend



Italian Seasoning



Sweet Bell Pepper



Zucchini



Red Potato



Parmesan Cheese, shredded



Garlic, cloves



Shallot



Parsley



Garlic Powder



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, measuring spoons, measuring cups, whisk, large non-stick pan, paper towels, parchment paper

## 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
Sweet Bell Pepper	160 g	320 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 Powder	1 tsp	2 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 potatoes

- Cut **potatoes** into ½-inch pieces.
- Add **potatoes** and **2 tsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt, pepper** and **½ tsp Italian Seasoning** (dbl for 4 ppl), then toss to coat.
- Roast in the **middle** of the oven until **potatoes** start to soften, 10-11 min. (**NOTE:** Potatoes will finish roasting in step 4.)



## Roast zucchini and peppers

- Meanwhile, remove **potatoes** from the oven and carefully push **potatoes** to one side of the baking sheet. Add **zucchini** and **peppers** to the other side of the baking sheet.
- Drizzle **2 tsp oil** (dbl for 4 ppl) over **zucchini** and **peppers**. Season with **salt, pepper, half the garlic powder** and **1 tsp Italian Seasoning** (dbl for 4 ppl).
- Toss **zucchini** and **peppers** with **potatoes**. Continue roasting until **veggies** are tender, 12-14 min.
- Sprinkle **Parmesan** over **veggies**, then roast until **cheese** melts, 1-2 min.



## Prep

- Meanwhile, cut **zucchini** into ¼-inch rounds.
- Core, then cut **pepper** into 1-inch pieces.
- Peel, then mince or grate **garlic**.
- Peel, then cut **shallot** into ¼-inch pieces.
- Finely chop **parsley**.
- Pat **pork** dry with paper towels. Season with **salt** and **pepper**.



## 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, 2-3 min.
- Add **garlic**. Cook, stirring often, until fragrant, 30 sec.
- Sprinkle **Gravy Spice Blend** and **remaining garlic powder** 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 occasionally, until **sauce** comes to a simmer. Simmer, whisking occasionally, 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, 7-9 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.
- Spoon **gravy** over **pork**. Sprinkle **remaining parsley** over top.

## Dinner Solved!