

# Southern-Style Smothered Pork Chops

## with Smashed Potatoes and Broccoli

30 Minutes



Pork Chops,  
boneless



Broccoli, florets



Garlic



Chicken Broth  
Concentrate



Sour Cream



Red Potato



Yellow Onion



All-Purpose Flour



Smoked Paprika-  
Garlic Blend

### HELLO GARLIC

*Garlic varies in flavour from punchy and peppery when raw, to mild and sweet when roasted!*

## Start here

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

## Bust out

Baking sheet, colander, measuring spoons, potato masher, measuring cups, large pot, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Red Potato	360 g	720 g
Broccoli, florets	227 g	454 g
Yellow Onion	56 g	113 g
Garlic	6 g	12 g
All-Purpose Flour	1 tbsp	2 tbsp
Chicken Broth Concentrate	2	4
Smoked Paprika-Garlic Blend	1 tbsp	2 tbsp
Sour Cream	3 tbsp	6 tbsp
Unsalted Butter*	2 tbsp	4 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

Share your photos #HelloFreshLife  
Call or email us | (855) 272-7002  
hello@hellofresh.ca  
HelloFresh.ca



### Prep

Cut **broccoli** into bite-sized pieces. Peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl). Peel, then mince or grate **garlic**.



### Cook broccoli

While **pork** bakes, heat the same pan over medium. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **broccoli** and **2 tbsp water** (dbl for 4 ppl). Season with **salt** and **pepper**. Cook, stirring occasionally, until **broccoli** is tender-crisp, 4-5 min. Add **half the garlic** and cook, stirring often, until fragrant, 30 sec. Transfer to a plate and cover to keep warm.



### Cook potatoes

Cut **potatoes** into 1-inch pieces. Combine **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) in a large pot (use same for 4 ppl). Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min.



### Make gravy

Heat the same pan over medium. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **onions**, **remaining garlic** and **remaining Smoked Paprika-Garlic Blend**. Cook, stirring occasionally, until softened, 2-3 min. Sprinkle **flour** over **onions**. Cook, stirring often, until coated, 1 min. Add **¾ cup water** (dbl for 4 ppl) and **broth concentrate**. Bring to a gentle boil and cook, stirring often, until **gravy** thickens slightly, 2-3 min. Season with **salt** and **pepper**.



### Cook pork

While **potatoes** cook, pat **pork** dry with paper towels. Season with **salt**, **pepper** and **half the Smoked Paprika-Garlic Blend**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **pork**. Pan-fry until golden, 2-3 min per side, then transfer to a baking sheet. Roast in the **middle** of the oven until cooked through, 10-12 min.\*\*



### Finish and serve

When **potatoes** are fork-tender, reserve **¼ cup potato cooking water** (dbl for 4 ppl), then drain and return **potatoes** to the same pot, off heat. Roughly mash **sour cream**, **reserved potato cooking water** and **1 tbsp butter** (dbl for 4 ppl) into **potatoes** until slightly mashed. (**NOTE:** 'Smashed' potatoes will still have a few chunks!) Season with **salt** and **pepper**. Thinly slice **pork**. Divide **pork**, **smashed potatoes** and **broccoli** between plates. Spoon **gravy** over **pork**.

## Dinner Solved!