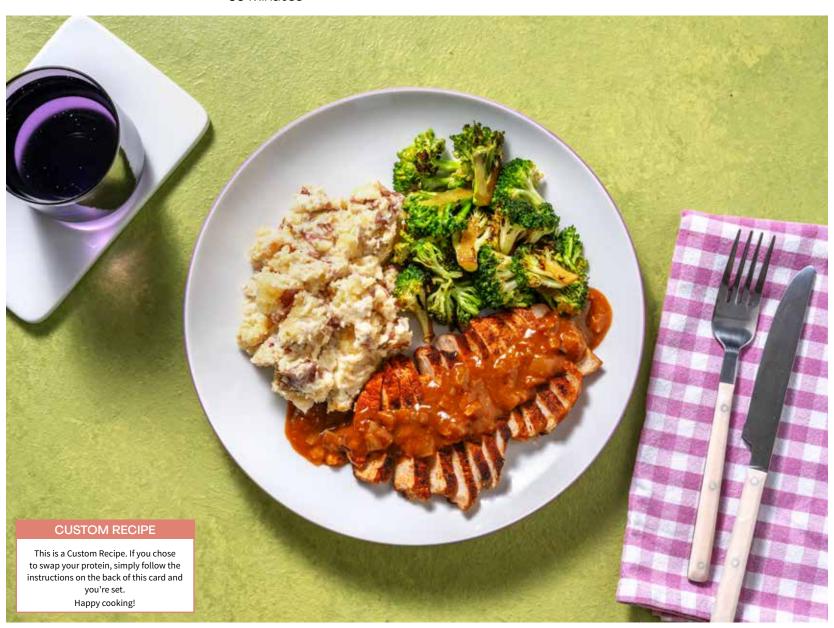


Southern-Style Smothered Pork Chops

with Smashed Potatoes and Broccoli

35 Minutes









Red Potato



Broccoli, florets



Yellow Onion





Gravy Spice Blend



Chicken Broth Concentrate



Garlic Salt



Sour Cream

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

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	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Chicken Breasts	2	4
Red Potato	360 g	720 g
Broccoli, florets	227 g	454 g
Yellow Onion	56 g	113 g
Garlic, cloves	2	4
Gravy Spice Blend	2 tbsp	4 tbsp
Chicken Broth Concentrate	1	2
Garlic Salt	1 tsp	2 tsp
Sour Cream	3 tbsp	6 tbsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		

Salt and Pepper*

- * Pantry items
- ** Cook pork to a minimum internal temperature of 71°C/160°F and poultry to a minimum internal temperature of 75°C/165°F, as size may vary.
- Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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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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 potatoes

- Cut potatoes into 1-inch pieces.
- Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to 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.



Cook pork

- Meanwhile, pat pork dry with paper towels.
 Season with half the garlic salt and pepper.
- Heat a large non-stick pan over medium heat.
- When hot, add ½ tbsp oil (dbl for 4 ppl), then pork. Pan-fry until golden, 2-3 min per side.
- Transfer pork to an unlined baking sheet.
- Roast in the **middle** of the oven until cooked through, 8-10 min.**

If you've opted to get **chicken breasts**, prepare and sear them in the same way the recipe instructs you to prepare and sear the **pork chops**, then increase the roast time to 10-12-min.**



Cook broccoli

- Meanwhile, reheat 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 **remaining garlic salt** and **pepper**. Cook, stirring occasionally, until **broccoli** is tender-crisp, 4-5 min.
- Add **half the garlic**. Cook, stirring often, until fragrant, 30 sec.
- Transfer **broccoli** to a plate, then cover to keep warm.



Make gravy

- Reheat the same pan over medium.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then **onions** and **remaining garlic**. Cook, stirring occasionally, until softened, 2-3 min.
- Sprinkle **Gravy Spice Blend** 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.
 Cook, stirring often, until gravy thickens slightly, 2-3 min.
- Season with salt and pepper, to taste.



Finish and serve

- When **potatoes** are fork-tender, drain and return them to the same pot, off heat.
- Roughly mash sour cream 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**, to taste.
- Thinly slice pork.
- Divide **pork**, **smashed potatoes** and **broccoli** between plates.
- Spoon gravy over pork.

