

Sticky Pork Chops

with Apple Stuffing and Creamy Mash

45 Minutes



Pork Chops,
boneless



Sage



Sour Cream



Apricot Jam



Chicken Broth
Concentrate



Shallot



Gala Apple



All-Purpose Flour



Russet Potato



Sultana Raisins



Whole Grain Mustard



Broccoli, florets

HELLO SAGE

Aromatic, earthy, savoury...the perfect pork pairing!

Start here

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

Bust Out

Baking sheet, medium bowl, vegetable peeler, measuring spoons, potato masher, silicone brush, strainer, parchment paper, small bowl, measuring cups, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Sage	7 g	7 g
Sour Cream	3 tbsp	6 tbsp
Apricot Jam	30 g	60 g
Chicken Broth Concentrate	1	2
Shallot	50 g	100 g
Gala Apple	1	2
All-Purpose Flour	1 tbsp	2 tbsp
Russet Potato	460 g	920 g
Sultana Raisins	28 g	56 g
Whole Grain Mustard	1 tbsp	2 tbsp
Broccoli, florets	227 g	454 g
Milk*	¼ cup	½ cup
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 our meal kit labels for the most current allergen 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 the **broccoli** into bite-sized pieces. Peel, then thinly slice the **shallot**. Finely chop the **sage**. Peel, core, then cut the **apple** into ¼ inch cubes. Stir together the **apricot jam** and **1 tbsp water** (dbl for 4 ppl) in a small bowl. Set aside.



Boil potatoes

While **pork** and **broccoli** roast, peel, then cut **potatoes** into ½-inch pieces. Combine **potatoes**, **2 tsp salt** and enough **water** to cover (approx. 1 inch) in a large pot. (**NOTE:** 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.



Stuff pork chops

Add **raisins**, **mustard**, **half the sage** (use all for 4 ppl) and **half the apple** to a medium bowl. Toss to coat. Pat the **pork** dry with paper towels. Carefully slice into centre of **each pork chop**, parallel to cutting board, leaving 1-inch intact on the other end. Open up **each pork chop** like a book and season with **salt** and **pepper**. Divide **apple stuffing filling** between **each pork chop**, then fold closed.



Cook gravy

While **potatoes** boil, heat a large non-stick pan over medium heat. When hot, add **2 tbsp butter** (dbl for 4 ppl), then **shallots** and **remaining apples**. Cook, stirring often, until golden-brown, 3-4 min. Sprinkle over the **flour**. Stir until coated, 1 min. Add **broth concentrate** and **¾ cup water** (dbl for 4 ppl). Cook, stirring often, until slightly thickened, 1-2 min. Season with **salt** and **pepper**.



Roast pork and broccoli

Add **pork** to a parchment-lined baking sheet, then brush with the **jam mixture**. Bake **stuffed pork chops** in the **middle** of the oven until cooked through and stuffing is golden-brown, 24-25 min.** On another baking sheet toss the **broccoli** with **1 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**. Roast in the **bottom** of the oven until tender-crisp, 12-14 min.



Finish and serve

Drain and return **potatoes** to the same pot, off heat. Using a masher, roughly mash **sour cream** and **¼ cup milk** (dbl for 4 ppl) into **potatoes** until slightly mashed. Season with **salt** and **pepper**. Divide the **mash**, **broccoli** and **stuffed pork chops** between plates. Spoon the **gravy** over the **mash** and **pork**.

Dinner Solved!