



Thyme Demi-Glaze Pork

with Roasted Sweet Potatoes and Broccoli

FAMILY 30 Minutes



Pork Chops, boneless



Sweet Potato



Broccoli, florets



Garlic



Thyme



Chicken Demi-Glaze



Brown Sugar



Cornstarch

HELLO GLAZE

The combination of brown sugar, thyme and chicken broth makes for a gratifying glaze over juicy pork chops

Start Strong

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

Bust Out

Garlic Press, 2 Baking Sheets, Measuring Cups, Measuring Spoons, Paper Towels, Small Bowl, Aluminum Foil, Large Non-Stick Pan, Whisk

Ingredients

	4 Person
Pork Chops, boneless	680 g
Sweet Potato	680 g
Broccoli, florets	454 g
Garlic	12 g
Thyme	7 g
Chicken Demi-Glace	2
Brown Sugar	2 tbsp
Cornstarch	1 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.



1. ROAST SWEET POTATOES

Cut **sweet potatoes** into ½-inch pieces. Strip **thyme leaves** off stems. Toss **sweet potatoes** and **half the thyme** with **2 tbsp oil** on a baking sheet. Season with **salt and pepper**. Roast in **middle** of oven, flipping halfway through cooking, until golden-brown, 22-24 min.



2. ROAST BROCCOLI

While **sweet potatoes** roast, cut **broccoli** into bite-sized pieces. Peel, then mince or grate **garlic**. Toss **broccoli** with **2 tbsp oil** on another baking sheet. Season with **salt and pepper**. Roast in **top** of oven, until tender-crisp, 12-14 min.



3. COOK PORK

While **broccoli** roasts, pat **pork** dry with paper towels, then season with **salt and pepper**. Heat a large non-stick pan over medium heat. When hot, add **2 tbsp oil**, then **pork**. Pan-fry, until golden-brown and cooked through, 6-8 min per side.**



4. START SAUCE

While **pork** cooks, whisk together **brown sugar**, **demi-glace**, **cornstarch** and **1 cup water** in a small bowl. When **pork** is done, remove the pan from heat and transfer **pork** to a plate. Cover with foil to keep warm. Set pan aside to cool slightly, 2-3 min.



5. FINISH SAUCE

When pan has slightly cooled, heat the pan over medium-high heat. Add **1 tbsp oil**, then **garlic** and **remaining thyme**. Cook, stirring often and scraping any brown bits from bottom of pan, until fragrant, 1 min. Add **brown sugar mixture** and whisk together until **sauce** thickens slightly, 5-6 min. Season with **salt and pepper**.



6. FINISH AND SERVE

Divide **pork**, **sweet potatoes** and **broccoli** between plates. Spoon over **garlic-thyme sauce**.

Dinner Solved!