



Cooking Made Easy

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Sugar-Rubbed Pork Chops with Caramelized Root Vegetables



A sweet and spicy sugar rub makes these pork chops unreasonably delectable. Served with caramelized parsnips, carrots, and pearl onions, this dish strikes the perfect balance of savory and sweet. A simple drizzle of pan sauce takes this recipe from delicious to restaurant-worthy.

35 min

level 1

lactose free

gluten free

nut free



Pork Chops



Pearl Onions



Carrot



Stock Concentrate



Parsnip



Cayenne Pepper



Thyme



Garlic

Ingredients	2 People	4 People
Pork Chops	2	4
Pearl Onions	4 oz	8 oz
Carrot	1	2
Parsnip	1	2
Stock Concentrate	1	2
Thyme	1 sprig	2 sprigs
Garlic	2 cloves	4 cloves
Cayenne Pepper	1 t	2 t
Sugar*	2 T	4 T
Olive Oil*	2 T	4 T

*Not Included

Allergens
(None)

Tools
Baking Sheet,
Small Bowl,
Small Pan

Ruler

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Nutrition per person Calories: 506 cal | Carbs: 46 g | Fat: 19 g | Protein: 39 g | Fiber: 10 g



1 Preheat oven to 400 degrees. Peel the **carrot** and **parsnip** and cut into ¼-inch rounds on a slight diagonal. Strip the **thyme leaves** off the sprig and roughly chop.



2 Toss **carrots** and **parsnips** on a baking sheet with the **pearl onions**, **half the thyme**, 1 tablespoon **olive oil**, **salt**, and **pepper**. Place in the oven for 6-8 minutes to start the cooking process (we'll continue cooking the vegetables after the pork is added!).



3 Meanwhile, mince or grate the **garlic**. In a small bowl, combine **sugar**, **garlic**, ¼ **teaspoon cayenne**, 1 tablespoon **olive oil**, and a large pinch of **salt**. **HINT:** If you have **brown sugar** on hand, try using that instead of the white sugar for a deeper flavor! Season the **pork chops** with **salt** and **pepper** on both sides. Rub the **sugar mixture** onto the pork chops, coating them evenly on all sides. Place the pork onto the center of the baking sheet with the vegetables and cook for about 15 minutes or until the pork is cooked to your desired doneness and vegetables are soft and caramelized. Remember to toss the veggies half way through!



4 Take vegetables and pork out of the oven and remove from the baking sheet. Scrape any brown bits and juices on the baking sheet into a small pan, then add the **stock concentrate**, **remaining thyme**, and ⅓ cup **water**. Bring to a simmer over medium heat and cook until slightly thickened, 2-3 minutes. Season with **salt** and **pepper**, if necessary.

5 Slice **pork** against the grain and serve atop the **roasted vegetables**. Drizzle over the **pan sauce** and enjoy!

Tip Feel free to play around with the type of sweetener you use for the rub. Any granulated sugar would do the trick: muscovado, turbinado, or brown sugars (light, dark, or both!).