



CREAMY LEMON-HERB PORK CHOPS

with Balsamic-Glazed Brussels Sprouts & Carrots

INGREDIENTS

2 PERSON | 4 PERSON



8 oz | 16 oz
Brussels Sprouts



9 oz | 18 oz
Carrots



1 Clove | 2 Cloves
Garlic



1 | 1
Lemon



1 TBSP | 2 TBSP
Italian Seasoning



10 oz | 20 oz
Pork Chops



1 | 2
Chicken Stock
Concentrate



2 TBSP | 4 TBSP
Cream Cheese
Contains: Milk



2 TBSP | 4 TBSP
Crème Fraîche
Contains: Milk



5 tsp | 10 tsp
Balsamic Glaze



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the
HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Chicken Cutlets

Calories: 560



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 600



HELLO

CRÈME FRAÎCHE

This creamy condiment adds richness and tang to pan sauce.

WE'RE BIASED

The knife technique we use in step 1 (aka bias cut) maximizes surface area so carrots get extra-caramelized in the oven.

BUST OUT

- Peeler
- Zester
- Baking sheet
- Paper towels
- Large pan
- Aluminum foil
- Whisk
- Large bowl

- Kosher salt
- Black pepper
- Cooking oil (5 tsp | 5 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663

HelloFresh.com

*Pork is fully cooked when internal temperature reaches 145°.

🔄 *Chicken is fully cooked when internal temperature reaches 165°.



1 PREP

- Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry produce.**
- Trim and halve **Brussels sprouts** lengthwise (**quarter any larger sprouts**). Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces (**halve any larger carrots lengthwise first**). Peel and mince or grate **garlic**. Zest and quarter **lemon**.



4 MAKE SAUCE

- Heat a **drizzle of oil** in pan used for pork over medium heat. Add **garlic** and cook until fragrant, 30 seconds. Whisk in ½ **cup water** (½ cup for 4 servings), **stock concentrate**, **cream cheese**, and a **squeeze of lemon juice**. Simmer, whisking, until thickened, 2-3 minutes.
- Remove pan from heat. Whisk in **crème fraîche**, **1 TBSP butter** (2 TBSP for 4), and a **pinch of lemon zest** until combined. Season with **salt** and **pepper**.



2 ROAST VEGGIES

- Toss **Brussels sprouts** and **carrots** on a baking sheet with a **large drizzle of oil**, **half the Italian Seasoning** (**you'll use the rest in the next step**), **salt**, and **pepper**.
- Roast on top rack, tossing halfway through, until tender and lightly browned, 20-25 minutes.



5 GLAZE VEGGIES

- Once **veggies** are done, transfer to a large bowl. Add **half the balsamic glaze** and toss until evenly coated.



3 COOK PORK

- Pat **pork*** dry with paper towels; season all over with **remaining Italian Seasoning**, **salt**, and **pepper**.
- Heat a **large drizzle of oil** in a large pan over medium-high heat. Add pork and cook until browned and cooked through, 4-6 minutes per side. **TIP: Press pork down with a spatula to ensure even browning.**
- Turn off heat; transfer pork to a cutting board and tent with foil to keep warm. Wipe out pan.

🔄 Swap in **chicken*** for pork; cook until browned and cooked through, 3-5 minutes per side.



6 FINISH & SERVE

- Slice **pork** crosswise.
- Divide pork and **veggies** between plates. Spoon **sauce** over pork and sprinkle with as much **remaining lemon zest** as you like. Drizzle veggies with as much **remaining balsamic glaze** as you like and serve.

🔄 Slice **chicken** crosswise.

WK 18-35