

INGREDIENTS

2 PERSON | 4 PERSON



Brussels Sprouts



Carrots



1 Clove 2 Cloves Garlic



Lemon



1 TBSP | 2 TBSP Italian Seasoning



10 oz | 20 oz Pork Chops



Chicken Stock Concentrate



Cream Cheese Contains: Milk



2 TBSP | 4 TBSP Crème Fraîche Contains: Milk



5 tsp | 10 tsp Balsamic Glaze



ANY ISSUES WITH YOUR ORDER? 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 S Chicken Cutlets



CREAMY LEMON-HERB PORK CHOPS

with Balsamic-Glazed Brussels Sprouts & Carrots



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 extracaramelized in the oven.

BUST OUT

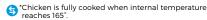
- Peeler
- · Large pan
- Zester
- Aluminum foil
- Baking sheet
- Whisk
- Paper towels
- Large bowl
- Kosher salt
- Black pepper
- Cooking oil (5 tsp | 5 tsp)
- Butter (1 TBSP | 2 TBSP)

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





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.



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.



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.



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 1/3 cup water (1/2 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.



5 GLAZE VEGGIES

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



- 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.