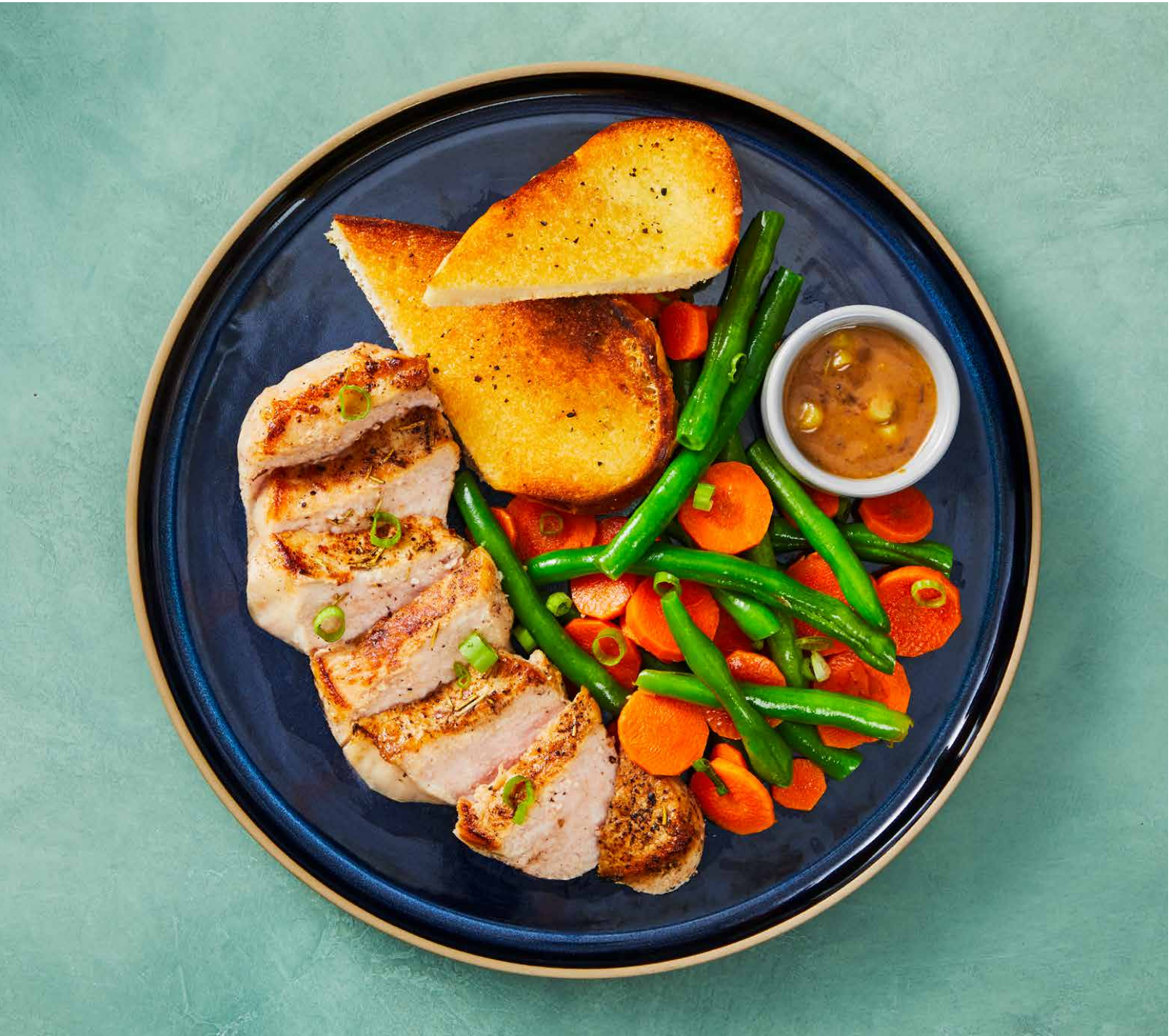
Rosemary Pork Chops & Creamy Dijon Sauce

with Sautéed Carrots, Green Beans & Garlic Bread

New 25-35 Minutes · Calories: 690 · Protein: 32 g



Ingredients


Demi-Baguette


Dried Rosemary


Roasted Onion & Garlic Spread


Garlic Powder


Carrot Slices


Scallions


Dijon Mustard


Chicken Stock Concentrate


Green Beans


Pork Chops


Crème Fraîche

Customizable Meal

If you chose to personalize your meal, refer to the separate **HelloCustom** card or scan here for instructions.

Hello

Sliced Carrots

The same carrots you know and love—now pre-sliced for extra ease!

Before you start

Cut to the Chase

Trying to avoid knifework altogether? We got you! Simply use kitchen shears to trim the green beans and cut the scallions in Step 1.

Cooking tools

paper towels, large pan, small bowls, whisk

Pantry ingredients

kosher salt, black pepper, cooking oil, butter

Nutrition

Nutrients	per serving
Calories:	690
Total Fat:	40g
Saturated Fat:	18g
Sodium:	1270mg
Total Carbohydrate:	45g
Dietary Fiber:	6g
Added Sugars:	9g
Protein:	32g

Allergens

demi-baguette (contains: soy, wheat), crème fraîche (contains: milk), butter (contains: milk)

Cook for YOUR Crowd

Our recipes are customizable!

Double Protein/Veggies? Cook in batches or use a larger pan—it may take longer, so follow visual and temp cues.

Making 3 Servings? Lighten up on the seasoning and any other ingredients you like—this will keep the balance just right.

Making 6 Servings? Just triple the 2-serving recipe—easy!

For HelloCustom nutritional information, please refer to HelloFresh.com.

1 Prep

- Dice **2 TBSP butter (4 TBSP for 4 servings)** into small pieces; place in a small bowl and bring to room temperature. **Wash and dry produce.**
- Trim **green beans** if necessary. Trim and thinly slice **scallions**, separating whites from greens.

2 Cook Pork Chops

- Pat **pork*** dry with paper towels and season all over with **half the rosemary**, **½ tsp garlic powder**, **salt**, and **pepper (all the rosemary and 1 tsp garlic powder for 4 servings)**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add pork; cook until browned and cooked through, 3-4 minutes per side. **(Lower heat if pork begins to brown too quickly.)**
- Turn off heat; transfer to a cutting board. Wipe out pan.

3 Cook Veggies

- Heat a **drizzle of oil** in pan used for pork over medium-high heat. Add **carrots**, **green beans**, and **scallion whites**. Cook, stirring, until scallions begin to soften, 30 seconds.
- Add **¼ cup water**; cover and steam until veggies are just tender, 2-4 minutes **(for 4 servings, you may need to work in batches, adding another ¼ cup water per batch)**.
- Turn off heat. Season with **salt** and **pepper**.

4 Build Sauce

- While veggies cook, in a second small bowl, whisk together **mustard**, **onion and garlic spread**, **stock concentrate**, **crème fraîche**, and **½ cup water (¾ cup for 4 servings)**. **(It's OK if sauce is lumpy; it will smooth out during cooking.)**
- To pan with **veggies**, stir in **sauce mixture** and **1 TBSP butter (2 TBSP for 4)**. Cook; stirring occasionally, until sauce is smooth and has thickened, 60-90 seconds. Taste and season with **salt** and **pepper** if desired.

5 Make Garlic Bread

- Meanwhile, halve and toast **baguette**.
- To bowl with **softened butter**, stir in a **pinch of salt** and as much **remaining garlic powder** as you like.
- Spread **garlic butter** onto cut sides of bread. Halve each piece on a diagonal.

6 Finish & Serve

- Thinly slice **pork** crosswise.
- Divide pork, **veggies**, and **garlic bread** between plates. Top pork with any **remaining sauce** from pan. Garnish with **scallion greens** and serve.

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

Wash and dry fresh produce. Wash hands and surfaces after handling raw pork, meat, poultry, fish, shellfish, or eggs. Consuming raw or undercooked pork, meat, poultry, fish, shellfish, or eggs may increase your risk of foodborne illness. Go to hellofresh.com/about/faq for safe cooking guidelines.

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