



Creamy Lemon-Herb Pork Chops

with Balsamic-Glazed Brussels Sprouts & Carrots

35-45 Minutes Calories: 590 Protein: 33 g



Ingredients 2 Person | 4 Person



8 oz | 16 oz
Brussels
Sprouts



9 oz | 18 oz
Carrots



1 Clove(s) | 2 Clove(s)
Garlic



1 | 1
Lemon



1 TBSP | 2 TBSP
Italian
Seasoning



2 TBSP | 4 TBSP
Cream Cheese



2 TBSP | 4 TBSP
Crème Fraîche



5 tsp | 10 tsp
Balsamic
Glaze



10 oz | 20 oz
Pork Chops



1 | 2
Chicken Stock
Concentrate

Customizable Meal

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



Hello

Crème Fraîche

This creamy condiment adds richness and tang to pan sauce.

Before you start

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.

Cooking tools

peeler, zester, baking sheet, paper towels, large pan, aluminum foil, whisk, large bowl

Pantry ingredients

kosher salt, black pepper, cooking oil, butter

Nutrition

Nutrients	per serving
Calories:	590
Total Fat:	36g
Saturated Fat:	14g
Sodium:	800mg
Total Carbohydrate:	39g
Dietary Fiber:	9g
Added Sugars:	10g
Protein:	33g

Allergens

cream cheese (contains: milk), 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

- 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.



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**.



5 Glaze Veggies

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



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.

*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.

How was your meal?

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