



# Lemony Brown Butter Pork Chops

with Mashed Potatoes & Green Beans

New

30-40 Minutes · Calories: 730 · Protein: 33 g



## Ingredients 2 Person | 4 Person



12 oz | 24 oz  
Potatoes\*



6 oz | 12 oz  
Green Beans



3 Clove(s) | 6 Clove(s)  
Garlic



1 | 2  
Lemon



2 TBSP | 4 TBSP  
Flour



10 oz | 20 oz  
Pork Chops



1½ TBSP | 3 TBSP  
Sour Cream

\*The ingredient you received may be a different color.

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# Hello

## Brown Butter

Butter that's been transformed into a nutty sauce by swirling it in a hot pan until it's flecked with toasty brown bits

## Cooking tools

medium pot, strainer, potato masher, small bowl, baking sheet, paper towels, plastic wrap, mallet, large pan

## Pantry ingredients

kosher salt, black pepper, cooking oil, butter

## Nutrition

Nutrients	per serving
Calories:	730
Total Fat:	47g
Saturated Fat:	24g
Sodium:	450mg
Total Carbohydrate:	49g
Dietary Fiber:	6g
Added Sugars:	1g
Protein:	33g

## Allergens

flour (contains: wheat), sour cream (contains: milk), butter (contains: milk)



### 1 Start Prep

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Dice **potatoes** into ½-inch pieces.



### 2 Make Mashed Potatoes

- Place **potatoes** in a medium pot with enough **salted water to cover by 2 inches**. Bring to a boil and cook until tender, 10-12 minutes. Reserve **½ cup potato cooking liquid**, then drain.
- Return potatoes to pot. Mash with **sour cream** and **2 TBSP butter (4 TBSP for 4 servings)** until smooth and creamy, adding splashes of reserved potato cooking liquid as needed. Taste and season with **salt** and **pepper**.
- Keep covered off heat until ready to serve.



### 3 Finish Prep

- While potatoes cook, trim **green beans** if necessary. Peel and mince **garlic**. Thinly slice **half the lemon**. Squeeze juice from remaining lemon into a small bowl (**for 4 servings, thinly slice one lemon; halve and squeeze juice from second lemon**).



### 4 Roast Green Beans

- Toss **green beans** on a baking sheet with a **drizzle of oil, salt, and pepper**.
- Roast on top rack until browned and tender, 12-15 minutes.



### 5 Coat & Cook Pork

- Meanwhile, pat **pork\*** dry with paper towels; place between two large pieces of plastic wrap. Pound with a mallet or rolling pin until ½ inch thick. Season all over with **salt** and **pepper**.
- Place **flour** on a plate; season with **salt** and **pepper**. Working one piece at a time, press pork into **seasoned flour** until fully coated.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **coated pork**; cook until browned and cooked through, 4-6 minutes per side.
- Turn off heat; transfer to a cutting board. Wash out pan.



### 6 Make Brown Butter Sauce

- Add **3 TBSP butter (6 TBSP for 4 servings), garlic, lemon slices, and lemon juice** to pan used for pork.
- Return to medium-low heat and cook, stirring, until garlic is fragrant and butter is flecked with brown bits, 2-3 minutes. Remove from heat.



### 7 Finish & Serve

- Slice **pork** crosswise.
- Divide **mashed potatoes, pork, and green beans** between plates. Spoon **brown butter sauce (with lemon slices)** over pork 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](https://hellofresh.com/about/faq) for safe cooking guidelines.

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