



CRANBERRY PINEAPPLE PORK CHOPS

with a Potato Cauliflower Mash and Green Beans



HELLO

POTATO CAULIFLOWER MASH

These creamy, fluffy spuds sneak in some extra veggies—picky eaters won't even notice!

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 590



Yukon Gold Potatoes



Cauliflower Florets



Parsley



Pork Chops



Cranberry Jam



Soy Sauce
(Contains: Soy)



Green Beans



Sour Cream
(Contains: Milk)



Milk
(Contains: Milk)



Pineapple



Chicken Demi-Glace
(Contains: Milk)

START STRONG

We've left the skins on the potatoes here for the added texture and nutrition they provide. But if you or your family prefer a smoother mash, feel free to peel the spuds before cutting.

BUST OUT

- Medium pot
- Potato masher
- Large pan
- Large bowl
- Paper towel
- Strainer
- Vegetable oil (1 TBSP)
- Butter (4 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 4-person

- Yukon Gold Potatoes 12 oz
- Cauliflower Florets 10 oz
- Parsley ¼ oz
- Pork Chops 24 oz
- Sour Cream 2 TBSP
- Milk ¼ Cup
- Pineapple 4 oz
- Cranberry Jam 2 oz
- Chicken Demi-Glace 1
- Soy Sauce 1 TBSP
- Green Beans 12 oz

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



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1 START MASH

Wash and dry all produce except green beans. Cut potatoes into ½-inch cubes. Roughly chop cauliflower. Pick parsley leaves from stems; discard stems. Finely chop leaves. Place potatoes and cauliflower in a medium pot with enough salted water to cover by 1 inch. Bring to a boil, then cook until tender, about 15 minutes.



4 MAKE SAUCE

Reduce heat under pan used for pork to medium low. Add pineapple along with juice from its container, then stir in jam, demi-glace, 1 TBSP soy sauce (we sent more), and ¼ cup water, scraping up any browned bits on bottom. Let simmer until slightly thickened, about 3 minutes. Add 2 TBSP butter and stir to melt. Season with salt and pepper.



2 COOK PORK

While potatoes and cauliflower cook, heat 1 TBSP oil in a large pan over medium-high heat. Pat pork dry with a paper towel. Season all over with salt and pepper. Add to pan and cook to desired doneness, 3-6 minutes per side. Remove from pan and set aside on a plate to rest.



5 MICROWAVE BEANS

Pierce green bean bag with a fork and place on a microwave-safe plate. Microwave on high for 3-4 minutes (or until beans are tender). Carefully remove beans from bag and transfer to a large bowl along with 2 TBSP butter. Toss to melt butter. (TIP: Cut the butter into smaller pieces first to help it melt faster.) Season with salt and pepper.



3 FINISH MASH

Once potatoes and cauliflower are done cooking, drain thoroughly, then return to pot. Mash with potato masher or fork until smooth. Stir in sour cream and ¼ cup milk (we sent more). Season with salt and pepper. (TIP: Add more milk if needed to achieve a creamy consistency.) Keep on stove over low heat until meal is ready.



6 PLATE AND SERVE

Divide mash and green beans between plates. Stir any juices from plate with pork into sauce. Arrange pork on top of mash. Drizzle sauce over pork and garnish with parsley.

FRESH TALK

If you could be any animal, what animal would you be?

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