



CREAMY LEMON-HERB PORK CHOPS

with Balsamic-Glazed Brussels Sprouts & Carrots

INGREDIENTS

2 PERSON | 4 PERSON



8 oz | 16 oz
Brussels Sprouts



9 oz | 18 oz
Carrots



1 Clove | 2 Cloves
Garlic



1 | 1
Lemon



1 TBSP | 2 TBSP
Italian Seasoning



10 oz | 20 oz
Pork Chops



1 | 2
Chicken Stock
Concentrate



2 TBSP | 4 TBSP
Cream Cheese
Contains: Milk



2 TBSP | 4 TBSP
Crème Fraîche
Contains: Milk



5 tsp | 10 tsp
Balsamic Glaze



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THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

If you chose to modify your meal, follow the
HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Chicken Cutlets

Calories: 550



10 oz | 20 oz
Organic Chicken
Cutlets

Calories: 550



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



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 extra-caramelized in the oven.

BUST OUT

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

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

🍗 *Chicken is fully cooked when internal temperature reaches 165°.



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**.



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 **⅓ 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**.



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.



5 GLAZE VEGGIES

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



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*** or **organic chicken*** for pork; cook 3-5 minutes per side.



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.

- 🍗 Slice **chicken** or **organic chicken** crosswise.