



# GARLIC HERB PORK CHOPS

with Mashed Sweet Potatoes & Lemony Roasted Zucchini



## HELLO GARLIC HERB BUTTER

Aromatic garlic and a garden's worth of herbs are blended into butter for rich, luxurious flavor.

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 660



Sweet Potatoes



Lemon



Pork Chops



Chicken Stock Concentrate



Zucchini



Sour Cream (Contains: Milk)



Garlic Powder



Garlic Herb Butter (Contains: Milk)

## START STRONG

Why do we ask you to prick the pork chops in step 4? It's a quick and easy way to tenderize meat (hence the needles on store-bought meat tenderizers) so you end up with juicy, flavorful results.

## BUST OUT

- Peeler
- Zester
- Medium pot
- Strainer
- Potato masher
- Baking sheet
- Olive oil (2 tsp | 2 tsp)
- Butter (1 TBSP | 2 TBSP)  
(Contains: Milk)
- Aluminum foil
- Paper towels
- Large pan
- Kosher salt
- Black pepper

## INGREDIENTS

Ingredient **2-person** | **4-person**

- Sweet Potatoes **2** | **4**
- Zucchini **1** | **2**
- Lemon **1** | **1**
- Sour Cream **2 TBSP** | **4 TBSP**
- Pork Chops\* **12 oz** | **24 oz**
- Garlic Powder **1 tsp** | **2 tsp**
- Chicken Stock Concentrate **1** | **2**
- Garlic Herb Butter **2 TBSP** | **4 TBSP**

\* Pork is fully cooked when internal temperature reaches 145 degrees.

## WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



[HelloFresh.com/Wine](https://www.hellofresh.com/wine)

# HelloFRESH



## 1 PREP

Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry all produce.** Peel and dice **sweet potatoes** into ½-inch pieces. Trim and halve **zucchini** lengthwise; slice crosswise into ½-inch-thick half-moons. Zest and halve **lemon**.



## 2 MAKE MASHED SWEET POTATOES

Place **sweet potatoes** in a medium pot with enough **salted water** to cover by 2 inches. Bring to a boil and cook until tender, 15-20 minutes. Drain and return sweet potatoes to pot. Mash with **sour cream** and **1 TBSP plain butter** (2 TBSP for 4 servings). Season with **salt** and **pepper**. (**TIP:** If you like your sweet potatoes extra sweet, add ½ tsp sugar for 2 or 1 tsp for 4 while mashing.) Keep covered off heat.



## 3 ROAST ZUCCHINI

Meanwhile, toss **zucchini** on a baking sheet with **lemon zest**, a drizzle of **olive oil**, **salt**, and **pepper**. Place **lemon halves** cut sides down on same sheet. Roast on top rack, flipping zucchini halfway through, until browned and tender, 12-15 minutes. Tent with foil to keep warm.



## 4 COOK PORK

Meanwhile, pat **pork** dry with paper towels; prick all over with a fork or knife. Season all over with **garlic powder**, **salt**, and **pepper**. Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add pork and cook until browned and cooked through, 4-6 minutes per side. (**TIP:** If pork begins to brown too quickly, reduce heat to medium.) Turn off heat; transfer to a plate. Wipe out pan.



## 5 MAKE PAN SAUCE

Return same pan to medium-high heat. Add **stock concentrate** and **¼ cup water** (⅓ cup for 4 servings). Simmer until slightly reduced, 2-4 minutes. Add any **resting juices** from pork. Remove from heat and stir in **garlic herb butter**. **TIP:** If sauce is too thick, stir in a splash of water.



## 6 FINISH & SERVE

Toss **zucchini** with as much **roasted lemon juice** as you like. (**TIP:** Start with half, taste, and add more from there if desired.) Divide between plates with **sweet potatoes** and **pork**. Top pork with **pan sauce**.

## EASY PEASY

If you have any lemon left over (or feel like roasting more!), squeeze it into a glass with sparkling water and simple syrup for a lemonade twist.

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