



PORK CHOPS & APPLE ROSEMARY PAN SAUCE

with Mashed Potatoes & Roasted Brussels Sprouts

INGREDIENTS

2 PERSON | 4 PERSON



1 | 1
Apple



¼ oz | ¼ oz
Rosemary



1 | 2
Chicken Stock Concentrate



2 tsp | 2 tsp
Dijon Mustard



8 oz | 16 oz
Brussels Sprouts



12 oz | 24 oz
Potatoes*



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



10 oz | 20 oz
Pork Chops



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THERE TOO. SCAN HERE TO GET HELP!

*The ingredient you received may be a different color.



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: 590



10 oz | 20 oz
Organic Chicken Cutlets

Calories: 590



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 630



HELLO

APPLE ROSEMARY PAN SAUCE

Sweet, savory, and oh-so-aromatic—the perfect pork topper

SPROUTS HONOR

Arranging your Brussels sprouts cut sides down = more surface area for browning, which means crispier, tastier veggies.

BUST OUT

- Large pan
- Strainer
- Medium bowl
- Potato masher
- Baking sheet
- Paper towels
- Medium pot
- Kosher salt
- Black pepper
- Olive oil (1 TBSP | 1 TBSP)
- Sugar (1 tsp | 2 tsp)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

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1 PREP & COOK APPLE

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Halve and core **apple**; dice one half into ¼-inch pieces (**dice whole apple for 4 servings**). Strip **rosemary leaves** from stems; roughly chop leaves until you have 1 tsp (**2 tsp for 4**).
- Heat a **drizzle of olive oil** in a large pan over medium-high heat. Add **diced apple** and **chopped rosemary**. Cook, stirring occasionally, until apple is slightly softened, 4-6 minutes.



2 MAKE SAUCE

- Stir **stock concentrate**, **½ cup water** (**¾ cup for 4 servings**), and **1 tsp sugar** (**2 tsp for 4**) into pan with **apple mixture**. Bring to a simmer, then reduce heat to medium. Cook until apple is tender and liquid has reduced, 8-10 minutes.
- Turn off heat; stir in **half the mustard** (**all for 4**) and **1 TBSP butter** (**2 TBSP for 4**) until melted and combined. Season with **salt** and **pepper**.
- Transfer to a medium microwave-safe bowl and cover to keep warm. Wash out pan.



3 ROAST SPROUTS

- Meanwhile, trim and halve **Brussels sprouts** lengthwise. Toss on a baking sheet with a **drizzle of olive oil**, **salt**, and **pepper**.
- Roast on top rack until browned and tender, 15-20 minutes.



4 MAKE MASHED POTATOES

- While Brussels sprouts roast, dice **potatoes** into ½-inch pieces. Place in a medium pot with enough **salted water to cover by 2 inches**. Bring to a boil and cook until potatoes are tender, 15-20 minutes.
- Reserve **½ cup potato cooking liquid**, then drain and return potatoes to pot.
- Mash with **sour cream**, **1 TBSP butter** (**2 TBSP for 4 servings**), **salt**, and **pepper** until smooth, adding splashes of reserved potato cooking liquid as needed.
- Keep covered off heat until ready to serve.



5 COOK PORK

- While potatoes cook, pat **pork*** dry with paper towels; season all over with **salt** and **pepper**.
 - Heat a **drizzle of olive oil** in pan used for sauce over medium-high heat. Add pork and cook until browned and cooked through, 4-6 minutes per side.
- 🔄 Swap in **chicken*** or **organic chicken*** for pork; cook until cooked through, 3-5 minutes per side.



6 SERVE

- Divide **Brussels sprouts**, **mashed potatoes**, and **pork** between plates. Top pork with **apple pan sauce** and serve. **TIP: If sauce has cooled, reheat in microwave for 30 seconds or return to pan with a splash of water; cook over medium heat, stirring, until warm.**

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

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