



Cooking Made Easy



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Thick Cut Pork Chops with Sage Butter and New Potatoes

Far too often have we suffered pork chops so overcooked that they have the texture of a Bedouin's flip-flop. But no more! For this recipe we asked our butcher for juicy door-stoppers and recommend erring on the side of undercooked rather than over. As with all things your chops are exponentially better once you've given them a bit of a rest. Once they're cooked take them out of the oven and keep them under some foil for a few minutes to let the juices redistribute. Choptastic!



40 min



level 2



gluten-free



family box

Ingredients

	2P	4P
New Potatoes	-	4 cups
Broccoli Florets	-	2 cups
Pork Chop	-	4
Crème Fraîche 1	-	4 tbsp
Sage, picked and chopped	-	2 tsp
Lemon	-	1
Garlic Clove	-	1
Netherend Butter 1	-	2 tbsp

⊕ May feature in another recipe

* Good to have at home

Allergens

1) Milk

Nutrition per serving

Calories: 731kcal,
Protein: 51g, Carbs: 34g,
Fat: 44g, Saturated Fat:
18g

Measuretool

0 cm 1 cm 2 cm
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1 Pre-heat the oven to 200 degrees. Boil 2 pots of water, each with 1 tsp of salt. Cut larger potatoes in half, peel the garlic clove and finely chop the sage leaves. Separate the broccoli florets (you can also peel and chop the stalk).



2 Bring one of the pots down to a simmer by reducing the heat (rather than rapid boil). Cook the potatoes for around 12-15 mins until you can easily slip a knife through them. Drain and keep to the side when done.

3 Chop the garlic in half and rub firmly all over the pork chops. Rub ½ tsp of olive oil over each pork chop and season with salt and pepper. Cook in two batches in a non-stick pan on searingly high heat for 1 min on each side. Cook for another minute standing on its rind (for a nice crisp edge).



4 Transfer the chops to a baking tray. Put them in the oven on the middle shelf and cook them for 10 mins, leaving them nice and juicy inside. Once they are done, rest them for 5 mins out of the oven.

5 Simmer the broccoli in the other pot of salted water for about 3-5 mins until tender but still slightly crunchy. Drain, season with a pinch of salt and pepper, cover and set aside to keep warm.

6 When the potatoes are cooked, drain and season them well with salt and pepper. Crush them with a potato masher or fork until they're slightly broken. Grate over a good pinch of lemon zest (just the yellow part of the skin). Mix in the crème fraîche, taste and add more salt and pepper if needed.



7 On medium heat, melt the butter and 1 tbsp of best quality olive oil in a frying pan until foaming. Throw in the sage and a tbsp of water and fry for a minute. Remove the pan from the heat and add 2 tsp of lemon juice and salt and pepper to taste.

8 Place a generous serving of the crushed potatoes on your plates. Sit the pork on top. Pour over the sage butter and serve with a portion of broccoli.