



More than Food

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## Honey-Dijon Pork Chops

with Summer Squash, Lima Bean, & Corn Hash

Honey mustard and pork make a great duo. In this dish, we're making a garlicky honey-dijon sauce to drizzle over succulent pork chops. A summer vegetable hash, inspired by Southern succotash, combines all the season's best produce into one dish.

40 min

level 2

nut free

gluten free

dairy free



Pork Chops



Honey



Lime



Garlic



Corn



Yellow Squash



Scallions



Yukon Potatoes



Lima Beans



Roma Tomato



Dijon Mustard



Chicken Stock Concentrate

## Ingredients

	2 People	4 People
Pork Chops	2	4
Honey	1 t	2 t
Lime	1	2
Garlic	2 cloves	4 cloves
Corn	1 ear	2 ears
Yellow Squash	1	2
Scallions	2	4
Yukon Potatoes	12 oz	24 oz
Lima Beans	4 oz	8 oz
Roma Tomato	1	2
Dijon Mustard	1 t	2 t
Chicken Stock Concentrate	1	2
Olive Oil*	1 T	2 T

\*Not Included

## Allergens

None

## Tools

Large Pan, Zester

Ruler

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**Nutrition per person** Calories: 638 cal | Protein: 47 g | Fat: 22 g | Carbs: 68 g | Fiber: 10 g



**1** Zest and halve the **lime**. Cut the **corn** off the cob. Mince or grate the **garlic**. Thinly slice the **scallions**, keeping green and white parts separate. Cut the **potato** into 1/2-inch cubes. Halve, core, and dice the **tomato**. Halve the **squash** lengthwise then slice into 1/4-inch half moons.



**2** **Begin the vegetable hash:** heat 1/2 **tablespoon olive oil** in a large pan over medium heat. Add the **scallion whites, potatoes, and tomato**. Cook, tossing, for 9-10 minutes, until potatoes have started to soften. Season with **salt and pepper**.



**3** **Finish the hash:** add the **corn, lima beans, and squash**. Cook, tossing, for about 6 more minutes, until **potatoes** are fork tender and squash has softened. Finish with **lime zest** and a squeeze of **half the lime**. Taste and season with **salt and pepper**. Set aside.

**4** In the same pan, heat 1/2 **tablespoon olive oil** over medium heat. Season the **pork chops** with **salt and pepper** on each side. Sear the pork chops for 5-6 minutes per side, until golden brown and cooked to desired doneness. Set the pork chops aside.



**5** **In the same pan, make the honey-dijon sauce:** add the **garlic** to the pan and cook for 30 seconds, until fragrant. Add **1 teaspoon Dijon mustard, 1 teaspoon honey, 1/2 cup water, and the stock concentrate** to the pan. Bring to a boil, reduce to a simmer, and cook until slightly thickened.

**6** Thinly slice the **pork chops** and serve over the **vegetable hash**. Spoon the **sauce** over the pork and sprinkle with **scallion greens**.