



hellofresh.com | hello@hellofresh.com



FEB 2016 Share your masterpiece! Tag your photos with #HelloFreshPics and share on You'll be entered into our weekly photo contest!

Pan-Seared Pork Chops

with Rosemary-Grape Salsa, Sweet Potatoes & Roasted Broccolini

Don't limit salsa to the tomato variety! Play with different combinations of fruit, onions, and herbs for endless possibilities. The wintery combination of grapes, rosemary, and shallot pairs perfectly with juicy pork chops and sweet potato. You'll be hooked!



30 min



level 1



nut free



gluten free



dairy free



Pork Chops



Red Grapes



Rosemary



Shallot



Sweet Potatoes



Broccolini

Ingredients

	2 People	4 People
Pork Chops	12 oz	24 oz
Red Grapes	4 oz	8 oz
Rosemary	¼ oz	¼ oz
Shallot	1	2
Sweet Potatoes	12 oz	24 oz
Broccolini	6 oz	12 oz
Oil*	1 T + 1 t	2 T + 2t

*Not Included

Allergens

None

Tools

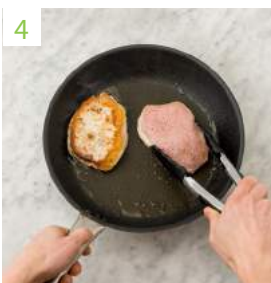
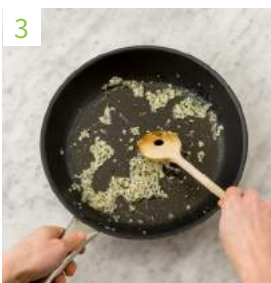
Baking Sheet,
Large Pan,
Small Bowl,
Peeler

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 575 cal | Fat: 21 g | Sat. Fat: 5 g | Protein: 42 g | Carbs: 57 g | Sugar: 20 g | Sodium: 214 mg | Fiber: 10 g

Make sure to wash and dry produce before prepping or cooking!



1 Prep the ingredients: Preheat the oven to 400 degrees. Peel and cut the **potatoes** into ½-inch cubes. Trim and discard the bottom inch from the **broccolini**. Strip the **rosemary** leaves off the sprig and finely chop.

2 Roast the vegetables: Toss the **broccolini** on one side of a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Toss the **potatoes** on the opposite side of the baking sheet with **half the rosemary**, a drizzle of **olive oil**, and a pinch of **salt** and **pepper**. Place the baking sheet in the oven for 15-20 minutes, tossing halfway through cooking, until golden brown and crispy. **TIP:** Broccolini can burn quickly, so keep an eye on it and pull it out of the oven if it starts to get too crispy.

3 Make the rosemary-grape salsa: While the vegetables roast, quarter the **grapes**. Halve, peel, and finely chop the **shallot**. Heat a drizzle of **olive oil** in a large pan over medium heat. Add the **shallot** and ½ **teaspoon rosemary** and cook, tossing, for 3-4 minutes, until softened. Transfer the mixture to a small bowl and toss with the **grapes**. Season with **salt** and **pepper**.

4 Sear the pork chops: Heat another drizzle of **oil** in the same pan over medium-high heat. Season the **pork chops** on all sides with **salt** and **pepper**. Add the **pork chops** to the pan and cook for 3-5 minutes per side, until cooked to desired doneness. Set aside to rest for 3-5 minutes, then thinly slice.

5 Plate: Serve the **pork chops** with the **sweet potatoes** and **broccolini** to the side. Top the pork with the **rosemary-grape salsa** and enjoy!