



# Cal Smart Porchetta-Spiced Chops

with Roasted Vegetables and Pan Sauce

Cal Smart

Optional Spice

40 Minutes



Pork Chops, boneless



Italian Seasoning



Chili Flakes



Garlic Puree



Broccoli, florets



Yellow Potato



Arugula and Spinach Mix



Baby Tomatoes



Red Wine Vinegar



Garlic Salt



Chicken Broth Concentrate



Onion, chopped



All-Purpose Flour

HELLO ITALIAN SEASONING

*Our blend of hearty herbs and zesty garlic!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

### Heat Guide for Step 1 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Spicy: 1 tsp

## Bust out

Baking sheet, measuring spoons, large bowl, parchment paper, small bowl, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Italian Seasoning	1 tbsp	2 tbsp
Chili Flakes 🌶️	1 tsp	2 tsp
Garlic Puree	1 tbsp	2 tbsp
Broccoli, florets	227 g	454 g
Yellow Potato	360 g	720 g
Arugula and Spinach Mix	56 g	113 g
Baby Tomatoes	113 g	227 g
Red Wine Vinegar	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Chicken Broth Concentrate	1	2
Onion, chopped	56 g	113 g
All-Purpose Flour	1 tbsp	2 tbsp
Salt and Pepper*		
Sugar*	½ tsp	1 tsp
Oil*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 71°C/160°F, as size may vary.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

*Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.*

## Contact

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## 1 Prep

Halve **tomatoes**. Cut **broccoli** into bite-sized pieces. Quarter **potatoes**. Combine **Italian Seasoning**, **½ tsp salt** and **½ tsp chili flakes** in a small bowl. (**NOTE:** Reference heat guide.)



## 2 Roast veggies

Add **broccoli**, **potatoes**, **garlic salt** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets with 1 tbsp oil per sheet.) Season with **pepper**, then toss to combine. Roast in the **middle** of the oven until golden-brown and tender, 20-22 min. (**NOTE:** For 4 ppl, roast in the middle and top of oven, rotating halfway through.)



## 3 Cook pork

While **veggies** roast, pat **pork** dry with paper towels. Season all over with **spice mix** (from step 1). Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **pork**. Sear until golden-brown, 2-3 min per side. Transfer **pork** to baking sheet with **veggies**. Roast in the **middle** of the oven until **veggies** are tender and **pork** is cooked through, 10-12 min.\*\* (**NOTE:** For 4 ppl, divide pork between the 2 baking sheets with veggies.)



## 4 Make pan sauce

While **pork** and **veggies** roast, reheat the same pan over medium. When hot, add **onions**. Cook stirring often, until softened, 2-3 min. Sprinkle **flour** over **onions** and stir to coat. Stir in **broth concentrate**, **garlic puree** and **½ cup water** (dbl for 4 ppl). Bring to a boil, then reduce heat to medium. Simmer until slightly thickened, 2-3 min.



## 5 Make salad

While sauce cooks, combine **vinegar**, **½ tsp sugar** and **½ tbsp oil** (dbl both for 4 ppl) in a large bowl. Add **tomatoes** and **arugula and spinach mix**. Season with **salt** and **pepper**, then toss to coat.



## 6 Finish and serve

Thinly slice **pork**. Divide **pork**, **roasted veggies** and **salad** between plates. Spoon **pan sauce** over **pork**.

## Dinner Solved!