



Cal Smart Spiced Pork Chops with Creamy Sauce

Calorie Smart

30 Minutes



Pork Chops, boneless



Chicken Broth Concentrate



Yellow Potato



Montreal Steak Spice



Parsley



Beef Steaks



Onion, chopped



Green Beans



Sour Cream



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO MONTREAL STEAK SPICE

A savoury blend of spices ideal for grilled steak, chicken and pork!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

2 baking sheets, measuring spoons, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Beef Steaks	250 g	500 g
Chicken Broth Concentrate	1	2
Onion, chopped	56 g	113 g
Yellow Potato	360 g	720 g
Green Beans	340 g	680 g
Montreal Steak Spice	1 tbsp	2 tbsp
Sour Cream	3 tbsp	6 tbsp
Parsley	7 g	14 g
Oil*		

Salt and Pepper*

* Pantry items

** Cook pork to a minimum internal temperature of 71°C/160°F and steak to a minimum internal temperature of 63°C/145°F (for medium-rare), 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.

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Roast potatoes

Cut **potatoes** into ½-inch pieces. Toss **potatoes** with **half the Montreal Steak Spice** and **1 tbsp oil** on a baking sheet. Season with **salt**. (NOTE: For 4 ppl, use 2 baking sheets, with a quarter of the Montreal Steak Spice and 1 tbsp oil per sheet.) Roast in the **middle** of the oven, tossing halfway through, until golden-brown, 25-28 min. (NOTE: For 4 ppl, bake in the middle and the bottom of the oven, rotating sheets halfway through.)



Roast pork and green beans

Add **green beans** and **1 tsp oil** (dbl for 4 ppl) to the other side of the baking sheet with **pork**. Season with **salt** and **pepper**, then toss to coat. Roast in the **top** of the oven until **green beans** are tender and **pork** is cooked through, 10-12 min.**



Prep

While **potatoes** roast, trim **green beans**. Roughly chop **parsley**. Pat **pork** dry with paper towels, then season with **remaining Montreal Steak Spice**.

CUSTOM RECIPE

If you've opted to get **steaks**, season them in the same way the recipe instructs you to season the **pork chops**. To cook **steaks**, sear for 1-2 min per side, then roast to desired doneness, 5-8 min.** When **steaks** are done, continue to roast green beans until tender.



Make sauce

While **pork** and **green beans** roast, heat the same pan (from step 3) over medium. When hot, add **1 tsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring often, until tender, 2-3 min. Stir in **½ cup water** (dbl for 4 ppl) and **broth concentrate**. Cook, stirring often, until **sauce** thickens slightly, 2-3 min. Remove pan from heat, then add **sour cream**. Season with **salt** and **pepper**, then stir to combine.



Sear pork

Heat a large non-stick pan over medium-high heat. When hot, add **1 tsp oil** (dbl for 4 ppl), then **pork**. Pan-fry until golden, 2-3 min per side. When **pork** is golden, transfer to one side of another baking sheet.



Finish and serve

Sprinkle **half the parsley** over **green beans**, then toss to combine. Thinly slice **pork**. Divide **pork**, **potatoes** and **green beans** between plates. Drizzle **sauce** over **pork**, then sprinkle with **remaining parsley**.

Dinner Solved!