



AUG  
2016

## Chipotle-Glazed Pork Chops

with Garlic Mashed Potatoes and Roasted Broccoli

Pork, broccoli, and potatoes. Sounds pretty ordinary, right? Wrong! We've spiced up this classic dish with floral honey, a smoky chipotle glaze, and a touch of garlic. Get your taste buds ready; this dish packs an intense flavor punch that'll have everyone begging for seconds.



**Prep:** 10 min  
**Total:** 30 min



level 1



nut  
free



gluten  
free



Pork  
Chops



Yukon  
Potatoes



Broccoli  
Florets



Chipotles in  
Adobo



Honey




Balsamic  
Vinegar



Garlic



Milk

Ingredients		2 People	4 People	*Not Included
Pork Chops		12 oz	24 oz	<b>Allergens</b>
Yukon Potatoes		16 oz	32 oz	<b>1) Soy</b>
Broccoli Florets		8 oz	16 oz	<b>2) Milk</b>
Chipotles in Adobo 	<b>1)</b>	1 Can	1 Can	
Honey		1 T	2 T	
Balsamic Vinegar		1½ T	3 T	
Garlic		2 Cloves	4 Cloves	<b>Tools</b>
Milk	<b>2)</b>	4 oz	8 oz	Peeler, Large pot,
Butter*	<b>2)</b>	1 T	2 T	Strainer, Baking sheet,
Olive Oil*		2 t	4 t	Small bowl, Large pan

**Nutrition per person** Calories: 608 cal | Fat: 19 g | Sat. Fat: 7 g | Protein: 50 g | Carbs: 63 g | Sugar: 17 g | Sodium: 295 mg | Fiber: 9 g



**1 Boil the potatoes: Wash and dry all produce.** Preheat the oven to 400 degrees. Peel and dice the **potatoes** into ½-inch cubes. Bring a large pot of water, the potatoes, and a large pinch of **salt** to a boil. Reduce to a simmer. Cook 10-12 minutes, until fork-tender. Drain.

**2 Roast the broccoli:** Mince or grate the **garlic**. Toss the **broccoli florets** on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Place in the oven to roast 20 minutes, until tender and slightly crispy.



**3 Make the glaze:** In a small bowl, stir together **1 Tablespoon honey**, **1-2 Tablespoons adobo sauce** (this is the spicy sauce around the chipotle peppers, so add to taste), and **1½ Tablespoons balsamic vinegar**. Taste and add more honey, adobo, or balsamic, if desired.



**4 Cook the pork:** Heat a drizzle of **olive oil** in a large pan over medium-high heat. Season the **pork chops** on all sides with **salt** and **pepper** before adding to the pan. Sear 2-3 minutes per side, until golden brown but not yet cooked through. Spoon a few teaspoons of the **glaze** over each chop and turn to coat. Transfer the chops to the baking sheet with the **broccoli** to finish cooking 6-8 minutes.



**5 Make the garlic mashed potatoes:** After the **potatoes** are drained, heat **1 Tablespoon butter** and the **garlic** over medium heat in the same pot. Cook 1-2 minutes, until melted and fragrant. Add the drained potatoes and **¼ cup milk** to the pot. Mash with a fork or potato masher until smooth. Add more milk, if needed, to create a creamy consistency. Taste and season generously with **salt** and **pepper**.

**6 Finish:** Serve the **garlic mashed potatoes** with the **roasted broccoli** on top. Thinly slice the **pork** and drizzle with remaining **chipotle glaze**, if desired. Enjoy!

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