



SEP  
2016

## Dukkah-Crusted Pork Chops

with Mashed Potatoes and Lemony Greens

Dukkah, pronounced DOO-kah, is an Egyptian spice blend with almonds, sesame seeds, coriander, and cumin. It can be served as a dip with bread and olive oil or sprinkled on everything from roasted vegetables to fish. In this recipe, our chefs combined the spice with herbs and lemon zest for an irresistibly nutty crust on pork chops.



Prep: 10 min  
Total: 30 min



level 1



gluten  
free



Pork  
Chops



Yukon  
Potatoes



Arugula



Garlic



Lemon



Mint



Parsley



Dukkah



Sour  
Cream

## Ingredients

	2 People	4 People
Pork Chops	12 oz	24 oz
Yukon Potatoes	12 oz	24 oz
Arugula	2 oz	4 oz
Garlic	2 Cloves	4 Cloves
Lemon	1	2
Mint	¼ oz	¼ oz
Parsley	¼ oz	¼ oz
Dukkah	1) 3 T	6 T
Sour Cream	2) 3 T	6 T
Butter*	2) ½ T	1 T
Oil*	2 T	4 T

\*Not Included

## Allergens

1) Tree Nuts

1) Milk

## Tools

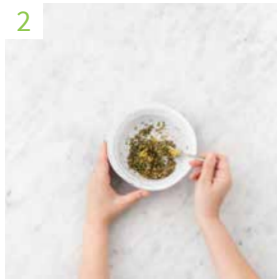
Zester, Medium pot, Strainer, Small bowl, Baking sheet, Masher, Medium bowl

**Nutrition per person** Calories: 594 cal | Fat: 31 g | Sat. Fat: 10 g | Protein: 45 g | Carbs: 37 g | Sugar: 5 g | Sodium: 138 mg | Fiber: 8 g



1

**1 Prep and boil the potatoes: Wash and dry all produce.** Preheat the oven to 400 degrees. Mince or grate the **garlic**. Zest and halve the **lemon**. Pick the **mint leaves** from the stems. Finely chop both the **mint** and **parsley**. Cut the **potatoes** into 1-inch cubes. Place in a medium pot with a large pinch of **salt** and enough water to cover them. Bring to a boil and cook about 15 minutes, until fork-tender. Drain and return to the same pot.



2

**2 Make the dukkah rub:** In a small bowl, combine the **mint, parsley, garlic, lemon zest, dukkah**, and **1 Tablespoon oil**. Season with **salt** and **pepper**.



3

**3 Cook the pork:** Season the **pork chops** on all sides with **salt** and **pepper**. Place on a lightly oiled baking sheet, and top with an even layer of the **dukkah rub**. Place in the oven for 12-15 minutes, until the pork is cooked through.



4

**4 Mash the potatoes:** Mash the drained **potatoes** with a fork or potato masher until smooth. Incorporate **3 Tablespoons sour cream**, **½ Tablespoon butter**, a drizzle of **oil**, and a large pinch of **salt** and **pepper**. Cover to keep warm.

**5 Toss the salad:** Toss the **arugula** in a medium bowl with a drizzle of **oil**, a squeeze of **lemon**, and a pinch of **salt** and **pepper**.

**6 Plate:** Serve the **dukkah-crusted pork chops** on a bed of **mashed potatoes** alongside the **lemony greens**. Enjoy!

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