



French Onion Pork Chops

with Smashed Potatoes and Balsamic Side Salad

Quick

25 Minutes

↗ Custom Recipe

+ Add

↻ Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

*2 Double



Pork Chops, boneless
680g | 1360g



Pork Chops, boneless
340 g | 680 g



Yellow Potato
350 g | 700 g



Soy Sauce
1 tbsp | 2 tbsp



Onion, sliced
113 g | 227 g



Tomato
1 | 2



Baby Spinach
56 g | 113 g



Cream
56 ml | 113 ml



Chicken Broth Concentrate
1 | 2



Cream Sauce Spice Blend
1 tbsp | 2 tbsp



Balsamic Glaze
2 tbsp | 4 tbsp



Zesty Garlic Bread
1 tbsp | 2 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

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

Pantry items | Unsalted butter*, oil*, salt*, pepper*

Cooking utensils | Baking sheet, colander, measuring spoons, potato masher, large bowl, measuring cups, whisk, large pot, large non-stick pan, paper towels

1



Cook potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Cut **potatoes** into 1-inch pieces.
- Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min.
- Drain and return **potatoes** to the same pot, off heat.

2



Cook pork

×2 Double | **Pork Chops**

- Meanwhile, pat **pork** dry with paper towels. Season with **salt**, **pepper** and **half the Zesty Garlic Blend**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **pork**. Pan-fry until golden, 1-2 min per side, then transfer to an unlined baking sheet.
- Roast in the **middle** of the oven until cooked through, 8-12 min.**

3



Make sauce

- Meanwhile, reheat the same pan over medium.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **onions**. Cook, stirring often, until softened, 2-3 min.
- Add **Cream Sauce Spice Blend** and **remaining Zesty Garlic Blend**. Stir until **onions** are coated, 30 sec.
- Add **1 cup** (2 cups) **water**, **soy sauce**, **broth concentrate** and **half the balsamic glaze**. Bring to a simmer.
- Cook, stirring often, until **sauce** thickens slightly, 3-4 min. Season with **salt** and **pepper**, to taste.

4



Make salad

- Meanwhile, cut **tomato** into ½-inch pieces.
- Add **remaining balsamic glaze** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **spinach** and **tomatoes**, then toss to coat.

5



Mash potatoes

- When **potatoes** are fork-tender, roughly mash in **cream** and **1 tbsp** (2 tbsp) **butter** until slightly mashed. (**NOTE:** 'Smashed' potatoes will still have a few chunks!)
- Season with **salt** and **pepper**, to taste.

6



Finish and serve

- When **pork** is done, transfer to a plate to rest. Stir **any pork juices** from the baking sheet into **sauce**.
- Thinly slice **pork**.
- Divide **pork**, **potatoes** and **salad** between plates.
- Spoon **sauce** over **pork** and **potatoes**.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

2 | Cook pork

×2 Double | **Pork Chops**

If you've opted for double **pork**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **pork**. Work in batches, if necessary.

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



Issue with your meal? Scan the QR code to share your feedback.