



GOOD GRAVY PORK CHOPS

with Cheesy Cheddar Broccoli and Sweet Potatoes



HELLO

CHEESY CHEDDAR BROCCOLI

A few zaps in the microwave is all you need for perfect, kid-friendly veggies.

PREP: 10 MIN | **TOTAL: 40 MIN** | **CALORIES: 720**



Shallot



Sweet Potatoes



Italian Seasoning



Milk
(Contains: Milk)



Broccoli Florets



Scallions



Cheddar Cheese
(Contains: Milk)



Flour
(Contains: Wheat)



Chicken Demi-Glace
(Contains: Milk)



Pork Chops

START STRONG

Use half the Italian seasoning so you get just a hint of herby flavor that's friendly to all taste buds. Use the rest to flavor pasta sauce, meatballs, or anything that benefits from Italian-style flair.

BUST OUT

- Baking sheet
- Plastic wrap
- Large pan
- Paper towel
- Medium bowl
- Oil (1 TBSP)
- Butter (2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 4-person

- | | |
|----------------------|--------|
| • Shallot | 1 |
| • Scallions | 2 |
| • Sweet Potatoes | 4 |
| • Pork Chops | 24 oz |
| • Italian Seasoning | ½ TBSP |
| • Flour | 2 TBSP |
| • Milk | 1 Cup |
| • Chicken Demi-Glace | 1 |
| • Broccoli Florets | 16 oz |
| • Cheddar Cheese | 1 Cup |

HELLO WINE



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1 PREHEAT AND PREP

Wash and dry all produce. Adjust rack to middle position and preheat oven to 450 degrees. Halve, peel, and mince shallot. Trim, then thinly slice scallions, keeping greens and whites separate. Cut sweet potatoes into ½-inch-thick wedges.



2 ROAST SWEET POTATOES

Toss sweet potatoes on a baking sheet with a drizzle of oil, salt, and pepper. Roast in oven until tender and crisped, about 25 minutes, tossing halfway through.



3 COOK PORK

Heat a large drizzle of oil in a large pan over medium-high heat. Pat pork dry with a paper towel. Season all over with salt, pepper, and half the Italian seasoning (use the rest as you like). Add to pan and cook to desired doneness, 3-5 minutes per side. Remove from pan and set aside to rest on a plate.



4 MAKE GRAVY

Lower heat under pan to medium low. Add 2 TBSP butter and let melt. Toss in shallot and scallion whites. Cook until softened, about 2 minutes. Sprinkle in flour and stir until lightly toasted, about 1 minute. Slowly whisk in 1 cup milk (we sent more). Simmer gently until thickened, 1-2 minutes. Stir in demi-glace and ½ cup water. Continue simmering until saucy, 1-2 minutes. Season with salt and pepper. Remove from heat.



5 MICROWAVE BROCCOLI

While pork and gravy cook, place broccoli in a medium, microwave-safe bowl and add a splash of water. Cover with plastic wrap and poke a few holes in wrap. Microwave on high until just tender, about 2 minutes. Remove wrap, pour out any water left in bowl, and sprinkle cheddar over broccoli. Microwave again until cheese melts, about 1 minute more.



6 FINISH AND SERVE

Stir any juices released by pork into gravy. Divide sweet potatoes, broccoli, and pork between plates. Spoon gravy over pork. Sprinkle with scallion greens and serve.

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