



GOOD GRAVY! PORK CHOPS

with Roasted Broccoli and a Sweet Potato and Carrot Mash



HELLO

SWEET POTATO AND CARROT MASH

Sweet, light, and fluffy, it's so good that no one will even notice that you snuck in extra veggies.

PREP: 10 MIN | **TOTAL: 40 MIN** | **CALORIES: 630**



Scallions



Sweet Potatoes



Pork Chops



Chicken Stock Concentrate



Honey



Carrots



Broccoli Florets



Smoked Paprika



Dijon Mustard



Sour Cream
(Contains: Milk)

START STRONG

Smoked paprika has a distinct smoky flavor that younger eaters may not like. Give it a taste before using—if it seems too strong, you can use less or leave it out.

BUST OUT

- Peeler
- Baking sheet
- Medium pot
- Paper towel
- Strainer
- Large pan
- Olive oil (2 tsp)
- Potato masher
- Vegetable oil (1 tsp)
- Butter (5 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 4-person

- Scallions 2
- Carrots 6
- Sweet Potatoes 2
- Broccoli Florets 16 oz
- Pork Chops 24 oz
- Smoked Paprika 1 tsp
- Chicken Stock Concentrate 1
- Dijon Mustard 2 tsp
- Honey ½ oz
- Sour Cream 6 TBSP

WINE CLUB

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1 PREHEAT AND PREP

Wash and dry all produce. Adjust rack to upper position and preheat oven to 425 degrees. Trim, then thinly slice **scallions**, separating greens and whites. Peel **carrots** and **sweet potatoes**; cut both into ½-inch cubes.



4 COOK PORK AND START GRAVY

Heat a drizzle of **oil** in a large pan over medium-high heat. Add **pork** and cook to desired doneness, 5-7 minutes per side. Remove from pan and set aside on a plate to rest. Wipe out pan. Melt **1 TBSP butter** in same pan over medium-low heat. Add **scallion whites** and cook, stirring, until just softened, about 1 minute. Whisk in **stock concentrate, mustard, honey**, and **½ cup water**. Simmer until reduced, 2-4 minutes.



2 COOK CARROTS AND SWEET POTATOES

Place **carrots** and **sweet potatoes** in a medium pot with enough **salted water** to cover by 1 inch. Bring to a boil. Cook until tender, about 20 minutes. Scoop out **¼ cup cooking water**, then drain and return cubes to pot.



5 SIMMER GRAVY AND MASH VEGGIES

Reduce heat under pan to low and whisk in **2 TBSP sour cream** (1 packet) and **1 TBSP butter**. Remove from heat. Season gravy with **salt, pepper**, and remaining **paprika**. Set aside. Mash **carrots** and **sweet potatoes** in pot until smooth. Stir in remaining sour cream and 3 TBSP butter. Season with salt and pepper. **TIP:** If stiff, stir in cooking water 1-2 TBSP at a time until mash is creamy.



3 ROAST BROCCOLI

Meanwhile, toss **broccoli** with a large drizzle of **olive oil** and a big pinch of **salt** and **pepper** on a baking sheet. Roast in oven until crisp and edges are tender, 15-20 minutes. While broccoli roasts, pat **pork** dry with a paper towel and season all over with salt, pepper, and half the **paprika**.



6 PLATE AND SERVE

Divide **broccoli, mash**, and **pork** between plates. Stir any **juices** released by pork into **gravy** in pan. Spoon gravy over pork. Sprinkle everything with **scallion greens** and serve.

FRESH TALK

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