













MAPLE MAGIC PORK CHOPS

with Broccoli, Pecans, and a Double Potato Mash



HELLO
MAPLE PAN SAUCE
Sweet, savory, and sticky, it's proof that maple syrup is good for more than just pancakes.

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 650

-  Yukon Gold Potatoes
-  Broccoli Florets
-  Thyme
-  Pork Chops
-  Chicken Demi-Glace
(Contains: Milk)
-  Sweet Potatoes
-  Pecans
(Contains: Tree Nuts)
-  Sour Cream
(Contains: Milk)
-  Autumn Spice Blend
-  Maple Syrup

START STRONG

Get kids psyched for dinner by having them help with the cooking. They can prep the microwaved broccoli, mash the potatoes, and plate the finished dish.

BUST OUT

- Peeler
- Paper towel
- Medium pot
- Strainer
- Oil (2 tsp)
- Butter (4 TBSP)
(Contains: Milk)
- Large pan
- Large bowl
- Plastic wrap
- Potato masher

INGREDIENTS

Ingredient 4-person

- Yukon Gold Potatoes 12 oz
- Sweet Potatoes 12 oz
- Broccoli Florets 16 oz
- Pecans 1 oz
- Thyme ½ oz
- Pork Chops 24 oz
- Autumn Spice Blend 2 tsp
- Sour Cream 8 TBSP
- Chicken Demi-Glace 1
- Maple Syrup 1 oz

HELLO WINE



PAIR WITH
Remarquable Lirac Rouge, 2016

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HelloFRESH



1 PREP

Wash and dry all produce. Peel **Yukon Gold** and **sweet potatoes**, then cut into ½-inch cubes. Cut any larger **broccoli florets** into bite-sized pieces. Roughly chop **pecans**. Pick **1 tsp thyme leaves** from stems; reserve remaining sprigs. Pat **pork** dry with a paper towel, then season all over with **salt, pepper, and autumn spice**.



4 COOK BROCCOLI AND MASH POTATOES

Microwave **broccoli** on high until tender, about 5 minutes. Thoroughly drain, then add **2 TBSP butter** to bowl and toss to melt. Season with **salt and pepper**. Sprinkle with **pecans**. Place pot with **drained potatoes** over low heat. Cook 1 minute to evaporate excess water. Mash with a potato masher or fork until smooth, then stir in **sour cream**. Season generously with salt and pepper.

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2 COOK POTATOES

Place all **potatoes** in a medium pot with enough **salted water** to cover by 1 inch. Bring to a boil and cook until easily pierced by a knife, about 15 minutes. Drain well, then return to pot. Meanwhile, put **pecans** in a large pan and place over medium-high heat. Toast, tossing frequently, until fragrant, 3-5 minutes. Transfer to a plate to cool.



5 MAKE SAUCE

Rinse out pan used for pork and dry well, then place over medium-low heat. Add **2 TBSP butter** and reserved **thyme sprigs**. Swirl pan or stir until butter melts, about 1 minute. Stir in **demi-glace** and **maple syrup**. Let simmer until slightly reduced, 1-2 minutes. (**TIP:** Lower heat if sauce bubbles aggressively.) Stir in any **juices** released by pork. Season with **salt and pepper**. Discard thyme sprigs.



3 COOK PORK AND PREP BROCCOLI

Heat a large drizzle of **oil** in same pan over medium-high heat. Add **pork** and cook to desired doneness, 4-6 minutes per side. Set aside to rest on a plate. Place **broccoli** and a large splash of **water** in a large, microwave-safe bowl. Cover with plastic wrap and poke a few holes in wrap.



6 PLATE AND SERVE

Divide **potatoes** and **broccoli** between plates. Arrange **pork** on top of potatoes, then drizzle with **sauce** from pan. Sprinkle with **thyme leaves** and serve.

FRESH TALK

Describe a perfect day.
What would you do?

WK 8 NJ-15