

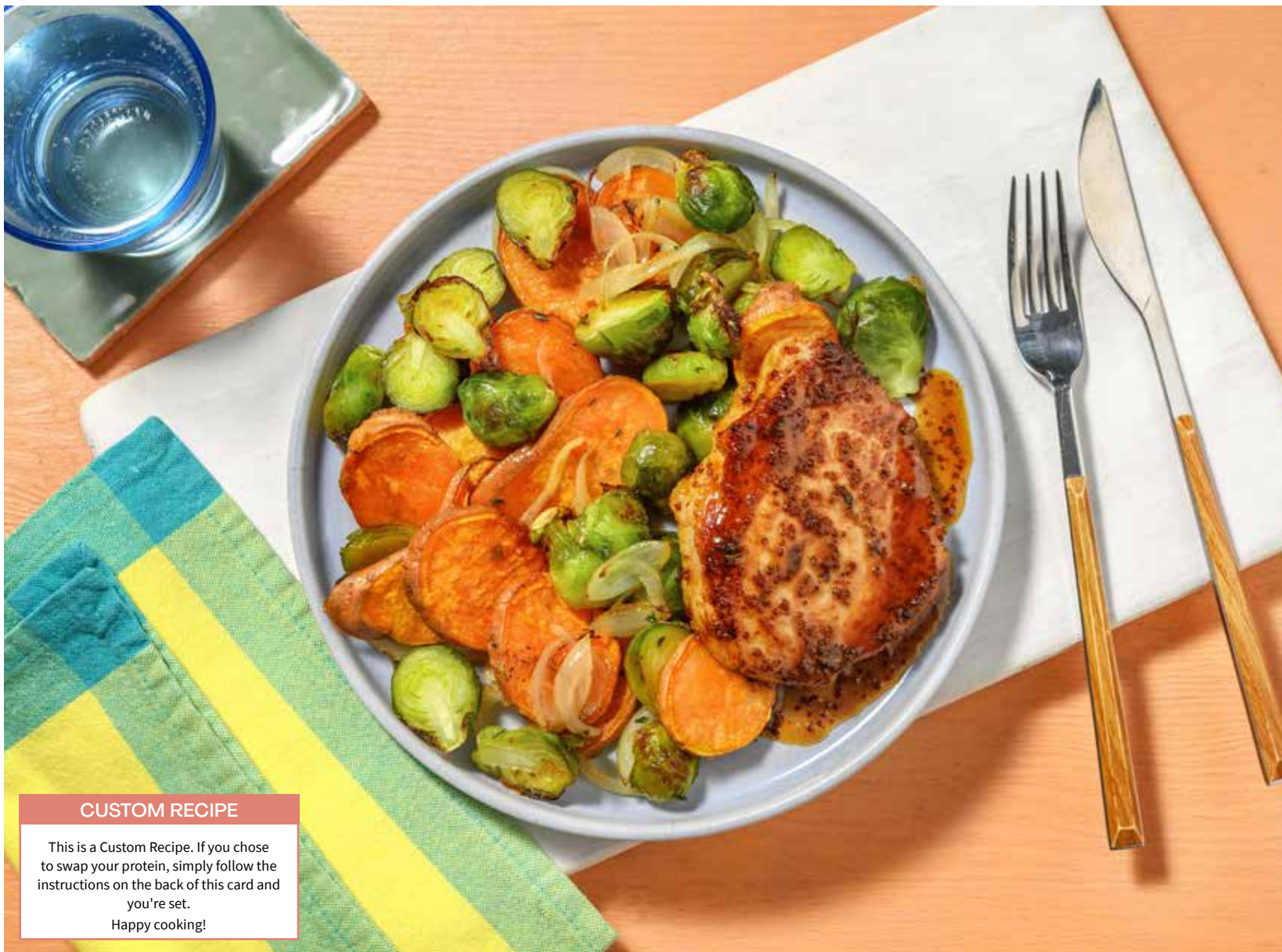


Maple-Mustard Pork Chops

with Brussels Sprouts and Sweet Potato Coins

Quick

25 Minutes

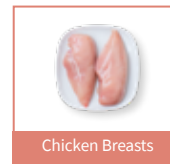


CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Pork Chops, boneless



Chicken Breasts



Sweet Potato



Thyme



Brussels Sprouts



Onion, sliced



Maple Syrup



Whole Grain Mustard



Garlic Salt

HELLO MAPLE SYRUP

Maple syrup helps highlight the natural sweetness of the pork and veggies!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, small bowl, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Chicken Breasts*	2	4
Sweet Potato	340 g	680 g
Thyme	7 g	7 g
Brussels Sprouts	227 g	454 g
Onion, sliced	113 g	227 g
Maple Syrup	2 tbsp	4 tbsp
Whole Grain Mustard	2 tbsp	4 tbsp
Garlic Salt	1 tsp	2 tsp
Oil*		
Pepper*		

* Pantry items

** Cook pork to a minimum internal temperature of 71°C/160°F and chicken to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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.

Contact

Call us | (855) 272-7002
HelloFresh.ca

    @HelloFreshCA

1



Prep veggies

- Cut **sweet potatoes** into ¼-inch rounds.
- Halve **Brussels sprouts**.
- Add **sweet potatoes, Brussels sprouts, onions, thyme sprigs, half the garlic salt** and **2 tbsp oil** to an unlined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 2 tbsp oil per sheet.) Season with **pepper**, then toss to combine.

4



Pan-fry pork

- Heat a large non-stick pan over medium heat.
- While the pan heats, pat **pork** dry with paper towels. Season with **pepper** and **remaining garlic salt**.
- When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **pork**. Pan-fry until golden-brown and cooked through, 5-8 min per side.**

If you've opted to get **chicken breasts**, season them in the same way the recipe instructs you to season the **pork chops**. To cook **chicken breasts**, pan-fry on one side until golden, 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.**

2



Roast veggies

- Roast **veggies** in the **middle** of the oven, flipping halfway through, until golden-brown and tender, 22-24 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)

5



Glaze pork

- Remove the pan from heat, then add **maple-mustard sauce**. Flip **pork** to coat.

3



Make maple-mustard sauce

- Meanwhile, combine **maple syrup** and **mustard** in a small bowl. Set aside.

6



Finish and serve

- Discard thyme sprigs.
- Divide **veggies** between plates, then top with **pork**.
- Drizzle **any maple-mustard sauce** from the pan over **pork** and **veggies**.

Dinner Solved!