



Maple-Mustard Pork Chops

with Brussels Sprouts and Sweet Potatoes

Quick

25 Minutes



Pork Chops,
boneless



Sweet Potato



Thyme



Brussels Sprouts



Onion, sliced



Maple Syrup



Whole Grain Mustard



Garlic Salt

HELLO MAPLE SYRUP

Maple syrup helps to 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
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	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

* Pantry items

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

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



1 Prep

Cut **sweet potatoes** into ½-inch pieces. Halve **Brussels sprouts**. Toss **sweet potatoes, Brussels sprouts, onions, thyme sprigs, half the garlic salt** and **2 tbsp oil** on a baking sheet. Season with **pepper**. (NOTE: For 4 ppl, use 2 baking sheets, with 2 tbsp oil per sheet.)



2 Roast veggies

Roast **veggies** in the **middle** of the oven, flipping halfway through cooking, 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 cooking.)



3 Make maple-mustard sauce

While **veggie** roast, stir together **maple syrup** and **mustard** in a small bowl. Set aside.



4 Pan-fry pork

Pat **pork** dry with paper towels. Season with **pepper** and **remaining garlic salt**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **pork**. Pan-fry, until golden-brown and cooked through, 6-8 min per side. **



5 Glaze pork

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



6 Finish and serve

Thinly slice **pork**. Discard **thyme sprigs**. Divide **veggies** between plates. Top with **pork**, then drizzle **maple-mustard sauce** from pan over **pork** and **veggies**.

Dinner Solved!