



Mustard Pork Chops

with Roasted Green Beans and Potatoes

An easy and savoury pan sauce is the flavour booster in this pork chop recipe! Paired with roasted green beans and potatoes, it's the ultimate dinner!

 **Prep**
35 min



Pork Chops



Mini Yukon Potatoes



Green Beans



Red Onion



Beef Broth Concentrate



Thyme



Dijon Mustard

Ingredients

Pork Chops	1 pkg (680 g)
Mini Yukon Potatoes	2 pkg (680 g)
Green Beans, trimmed	2 pkg (340 g)
Red Onion, chopped	1 pkg (113 g)
Beef Broth Concentrate	2 pkg
Thyme	1 pkg (10 g)
Dijon Mustard	4 pkg (2 tbsp)
Olive or Canola Oil*	

4 People

*Not Included

Allergens

- 1) Sulphites/Sulfites
- 2) Mustard/Moutard

Tools

2 Baking Sheets, Large Pan, Measuring Spoons, Measuring Cups

Ruler

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Nutrition per person Calories: 458 cal | Fat: 12 g | Protein: 48 g | Carbs: 41 g | Fibre: 7 g | Sodium: 852 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

2



1 Preheat your oven to 450°F (to roast the green beans, potatoes and to finish the pork). Start prepping when your oven comes up to temperature!

2 Roast the potatoes: Wash and dry all produce. Cut the potatoes into 1/2-inch cubes. Toss the potatoes with a drizzle of oil on a baking sheet. Season with salt and pepper. Roast in the centre of the oven, stirring halfway through cooking, until the potatoes are golden-brown, 25-28 min.

3



3 Roast the green beans: Meanwhile, toss the beans on another baking sheet with a drizzle of oil. Season with salt and pepper. Roast in the centre of the oven until the beans are golden, 13-15 min.

4



4 Cook the pork chops: Meanwhile, season the pork chops with salt and pepper. Heat a pan over medium-high heat. Add a drizzle of oil, then the pork chops. Cook until just golden, 1-2 min per side. (Don't worry if the pork isn't cooked through at this step!) Transfer the pork to the same baking sheet with the beans in the oven. Continue baking until the pork is cooked through, 4-6 min. (**TIP:** Inserting a thermometer into the cooked pork should display an internal temperature of 160°F.)

5



5 Make the sauce: Meanwhile, strip 1 tbsp thyme leaves from the stems. Add a drizzle of oil to the same pan. Add the onion and thyme. Cook until the onion softens, 4-5 min. Stir in the mustard, broth concentrates and 1/2 cup water.

6 Finish and serve: Thinly slice the pork and serve with the green beans and roasted potatoes. Drizzle with the pan sauce. Enjoy!

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