



SEP
2016

Pan-Seared Pork Chops

with Onion Gravy, Broccolini and Buttery Mashed Potatoes

We've infused a delicious gravy with sweet red onion and fragrant rosemary and drizzled it over pan-seared pork. Creamy mashed potatoes also soak up all that gravy goodness. This is comfort food at its finest!



Prep
35 min



level 1



Pork Chops



Mini Yukon
Potatoes



Rosemary



Chicken Broth
Concentrate



Red Onion



Broccolini



Flour

Ingredients

		4 People
Pork Chops		4
Mini Yukon Potatoes		1 pkg (680 g)
Rosemary		1 pkg (7 g)
Chicken Broth Concentrate		2
Red Onion, thinly sliced		1 pkg (227 g)
Broccolini, chopped		1 pkg (340 g)
All-Purpose Flour	2)	2 tbsp
Butter*	1)	4 tbsp
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Milk/Lait
- 2) Wheat/Blé

Tools

Peeler, Medium Pot, Strainer, Baking sheet, Large pan, Whisk, Measuring Spoons, Measuring Cups

Ruler

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Nutrition per person Calories: 562 cal | Fat: 21 g | Sat. Fat: 8 g | Protein: 48 g | Carbs: 49 g | Sugar: 7 g | Sodium: 309 mg | Fiber: 6 g
Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



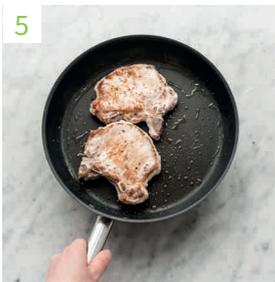
1 Preheat your oven to 400°F. Start prepping when your oven comes up to temperature!

2 Boil the potatoes: Wash and dry all produce. Peel (if desired) and dice the **potatoes** into 1/2-inch cubes. Cover with water in a medium pot with a large pinch of **salt**. Bring to a boil and cook until fork-tender, 10-12 min. Drain and return to the same pot. Cover to keep warm.



3 Roast the broccolini: Meanwhile, toss the **broccolini** on a baking sheet with a drizzle of **oil** and a pinch of **salt**. Bake in the centre of the oven, stirring halfway through, until golden brown, 12-15 min.

4 Strip the rosemary leaves from the sprig and roughly chop 2 tsp.



5 Cook the pork chops: Season the **pork chops** with **salt** and **pepper**. Heat a large pan over medium-high heat. Add a drizzle of **oil**, then **pork**. Cook for 4-7 min per side, until golden and cooked through. (**TIP:** Inserting a thermometer into the cooked pork should display an internal temperature of 160°F.) Transfer to a plate to rest for 5 min.

6 Make the onion gravy: Meanwhile, heat another drizzle of **oil** in the same pan over medium heat. Add the **onions** and the **rosemary** to the pan and cook, stirring, until softened, 4-5 min. Reduce the heat to low. Add **half the butter** to the pan and stir until melted. Sprinkle the **flour** over the **onions** while they cook, stirring for 1 min. Whisk **1 cup water** and the **broth concentrates** into the pan. Simmer until thickened, for 2-3 min. Season to taste with **salt** and **pepper**.



7 Finish and serve: Meanwhile, add the remaining **butter** into the **potatoes**, then mash with a fork or potato masher until smooth. Season to taste with **salt** and **pepper**. Slice the **pork** and serve on a bed of **mashed potatoes**, with the **broccolini** to the side. Drizzle the **onion gravy** over top. Enjoy!

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