



MAY
2016

Pan-Seared Pork

with Onion Gravy, Broccolini and Rosemary Mashed Potatoes

We've infused a delicious gravy with sweet red onion and fragrant rosemary. Creamy mashed potatoes soak up all that goodness. This is comfort food at its finest!



Prep: 10 min
Total: 30 min



level 1



nut
free



Pork Chops



Russet Potatoes



Rosemary



Chicken Stock
Concentrate



Red Onion



Broccolini



Milk



Flour

Ingredients

	2 People	4 People
Pork Chops	12 oz	24 oz
Russet Potatoes	12 oz	24 oz
Rosemary	¼ oz	½ oz
Chicken Stock Concentrate	1	2
Red Onion	1	2
Broccolini	6 oz	12 oz
Milk	1) ¼ Cup	½ Cup
Flour	2) 1 T	2 T
Butter*	1) 1 T	2 T
Olive Oil*	1 T	2 T

*Not Included

Allergens

- 1) Milk
- 2) Wheat

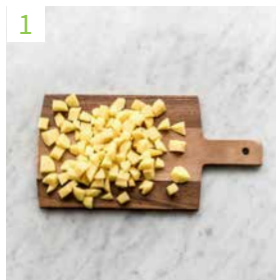
Tools

Peeler, Medium pot, Strainer, Baking sheet, Large pan, Whisk

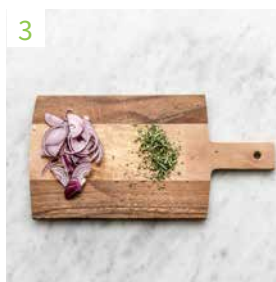
Ruler

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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



1 Boil the potatoes: Wash and dry all produce. Preheat the oven to 400 degrees. Peel and dice the **potatoes** into ½-inch cubes. Place in a medium pot with a large pinch of **salt** and enough **water** to cover by 2 inches. Bring to a boil, then reduce to a simmer for 10-12 minutes, until fork-tender. Drain and return to the same pot.



2 Roast the broccolini: Toss the **broccolini** on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Place in the oven for about 15 minutes, tossing halfway through cooking, until golden brown.



3 Prep the remaining ingredients: Meanwhile, halve, peel, and thinly slice the **onion**. Strip the **rosemary** from the sprig and roughly chop the **leaves**.



4 Cook the pork chops: Heat a drizzle of **olive oil** in a large pan over medium-high heat. Season the **pork chops** on all sides with **salt** and **pepper**. Add the **pork** to the pan and cook for 2-3 minutes per side, until browned but not yet cooked to desired doneness. Transfer to the baking sheet in the oven to finish cooking for 5-7 minutes. Remove from the oven to rest for 5 minutes before thinly slicing.

5 Make the onion gravy: Meanwhile, heat another drizzle of **olive oil** in the same pan over medium heat. Add the **onions** and **half the rosemary** to the pan and cook, tossing for 4-5 minutes, until softened. Add the **butter** to the pan and stir to melt. Sprinkle the **flour** over the **onions** while they cook, tossing for 1 minute. Whisk ½ **cup water** and the **stock concentrate** into the pan. Bring to a boil, then simmer on low heat until thickened, for 2-3 minutes. Season to taste with **salt** and **pepper**.

6 Mash the potatoes and serve: Meanwhile, reheat the **potatoes** in the pot over medium heat. Add ¼ **cup milk** and the remaining **rosemary**, then mash with a fork or potato masher until smooth. Season to taste with **salt** and **pepper**. Serve the **pan seared pork chops** on a bed of **rosemary mashed potatoes**, with the **broccolini** to the side. Drizzle the **onion gravy** over top. Enjoy!