



Smart Honey-Dijon Pork Chops with Asparagus and Red Potatoes

Carb Smart Calorie Smart 35 Minutes



Pork Chops, boneless



Asparagus



Red Potato



Shallot



Garlic, cloves



Seasoned Salt



Honey



Dijon Mustard



Cream Sauce Spice Blend

HELLO ASPARAGUS

This spring-time favourite can be steamed, pan-fried, grilled or even eaten raw!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

2 Baking sheets, measuring spoons, parchment paper, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Asparagus	227 g	454 g
Red Potato	360 g	720 g
Shallot	50 g	100 g
Garlic, cloves	2	4
Seasoned Salt	1 tbsp	2 tbsp
Honey	1 tbsp	2 tbsp
Dijon Mustard	1 tbsp	2 tbsp
Cream Sauce Spice Blend	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
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 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

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Prep and roast potatoes

Cut **potatoes** into ½-inch pieces. Add **potatoes** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 25-28 min.



Roast veggies and pork

Add **pork** to the baking sheet with **asparagus**. Roast in the **top** of the oven, until **asparagus** is tender-crisp and **pork** is cooked through, 8-10 min.**



Prep

Trim and discard the bottom 1-inch from **asparagus**. Peel, then mince or grate **garlic**. Peel, then cut **shallot** into ½-inch slices. Add **asparagus** and **½ tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. Set aside. Pat **pork** dry with paper towels, then season with **seasoned salt** and **pepper**.



Make honey-Dijon sauce

Meanwhile, heat the same pan (from step 3) over medium. When hot, add **1 tbsp butter** (dbl for 4 ppl), **shallots** and **garlic**. Cook, stirring often, until **shallots** soften, 1-2 min. Sprinkle over **Cream Sauce Spice Blend**. Cook, stirring often, until fragrant 1-2 min. Add **honey**, **Dijon** and **½ cup water** to the pan. Season with **salt** and **pepper**. Cook, stirring often, until **sauce** thickens, 3-4 min.



Sear pork

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **pork**. Pan-fry until golden, 2-3 min per side. (**NOTE:** Pork will finish cooking in the next step.)



Finish and serve

Divide **asparagus**, **potatoes** and **pork chops** between plates. Spoon **honey-Dijon sauce** over top.

Dinner Solved!