



Southern-Style Smothered Pork Chops

with Smashed Potatoes and Broccoli

35 Minutes



Pork Chops, boneless



Chicken Breasts



Red Potato



Broccoli, florets



Yellow Onion



Garlic, cloves



Gravy Spice Blend



Chicken Broth Concentrate



Garlic Salt



Sour Cream

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

HELLO GARLIC

Garlic varies in flavour from punchy and peppery when raw, to mild and sweet when roasted!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, colander, measuring spoons, potato masher, measuring cups, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Chicken Breasts*	2	4
Red Potato	360 g	720 g
Broccoli, florets	227 g	454 g
Yellow Onion	56 g	113 g
Garlic, cloves	2	4
Gravy Spice Blend	2 tbsp	4 tbsp
Chicken Broth Concentrate	1	2
Garlic Salt	1 tsp	2 tsp
Sour Cream	3 tbsp	6 tbsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook pork to a minimum internal temperature of 71°C/160°F and poultry to a minimum internal temperature of 75°C/165°F, as size may vary.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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

- Cut **broccoli** into bite-sized pieces.
- Peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl).
- Peel, then mince or grate **garlic**.



Cook broccoli

- Meanwhile, reheat the same pan over medium.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **broccoli** and **2 tbsp water** (dbl for 4 ppl). Season with **remaining garlic salt** and **pepper**. Cook, stirring occasionally, until **broccoli** is tender-crisp, 4-5 min.
- Add **half the garlic**. Cook, stirring often, until fragrant, 30 sec.
- Transfer **broccoli** to a plate, then cover to keep warm.



Cook potatoes

- Cut **potatoes** into 1-inch pieces.
- Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min.



Make gravy

- Reheat the same pan over medium.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then **onions** and **remaining garlic**. Cook, stirring occasionally, until softened, 2-3 min.
- Sprinkle **Gravy Spice Blend** over **onions**. Cook, stirring often, until coated, 1 min.
- Add **¾ cup water** (dbl for 4 ppl) and **broth concentrate**. Bring to a gentle boil. Cook, stirring often, until **gravy** thickens slightly, 2-3 min.
- Season with **salt** and **pepper**, to taste.



Cook pork

- Meanwhile, pat **pork** dry with paper towels. Season with **half the garlic salt** and **pepper**.
- Heat a large non-stick pan over medium heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **pork**. Pan-fry until golden, 2-3 min per side.
- Transfer **pork** to an unlined baking sheet.
- Roast in the **middle** of the oven until cooked through, 8-10 min.**

If you've opted to get **chicken breasts**, prepare and sear them in the same way the recipe instructs you to prepare and sear the **pork chops**, then increase the roast time to 10-12-min.**



Finish and serve

- When **potatoes** are fork-tender, drain and return them to the same pot, off heat.
- Roughly mash **sour cream** and **1 tbsp butter** (dbl for 4 ppl) into **potatoes** until slightly mashed. (**NOTE:** 'Smashed' potatoes will still have a few chunks!) Season with **salt** and **pepper**, to taste.
- Thinly slice **pork**.
- Divide **pork**, **smashed potatoes** and **broccoli** between plates.
- Spoon **gravy** over **pork**.

Dinner Solved!