



SUGAR AND SPICE PORK CHOPS

with Roasted Carrots, Parsnips, and Red Onion



HELLO

SUGAR AND SPICE GLAZE

Sugar and cayenne spice make these chops sticky, flavorful, and extra-nice.

PREP: 15 MIN | **TOTAL: 35 MIN** | **CALORIES: 550**



Carrots



Red Onion



Garlic



Cayenne Pepper



Parsnips



Thyme



Pork Chops



Chicken Stock Concentrate

START STRONG

The glaze should be thick and easily coat the pork chops after you add the meat back to the pan in step 5. If it seems dry at all, add a splash of water.

BUST OUT

- Peeler
- Paper towel
- Baking sheet
- Tongs
- Large pan
- Olive oil (1 TBSP | 2 TBSP)
- Oil (2 tsp | 4 tsp)
- Sugar (1 TBSP | 2 TBSP)

INGREDIENTS

Ingredient 2-person | 4-person

- Carrots 2 | 4
- Parsnips 2 | 4
- Red Onion 1 | 2
- Thyme ¼ oz | ½ oz
- Garlic 2 Cloves | 4 Cloves
- Pork Chops 12 oz | 24 oz
- Cayenne Pepper 1 tsp | 1 tsp
- Chicken Stock Concentrate 1 | 2

HELLO WINE



PAIR WITH

Maravilloso Mendoza Malbec-Bonarda Blend, 2017

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1 PREHEAT AND PREP

Wash and dry all produce. Adjust rack to middle position and preheat oven to 400 degrees. Peel **carrots** and **parsnips**. Slice both into ¼-inch-thick rounds on a slight diagonal. Halve and peel **onion**, then cut into ½-inch-thick wedges. Strip leaves from **thyme** and discard stems; roughly chop leaves. Mince or grate **garlic**.



4 MAKE GLAZE

Heat a drizzle of **oil** in same pan over medium heat. Add **garlic** and toss until fragrant, about 30 seconds. Stir in a pinch of **cayenne** (to taste—it's spicy), **1 TBSP sugar**, remaining **thyme**, **stock concentrate**, and **½ cup water**, scraping up any browned bits on bottom. Bring to a simmer and let bubble until reduced by half, 2-3 minutes. Season with **salt** and **pepper**.

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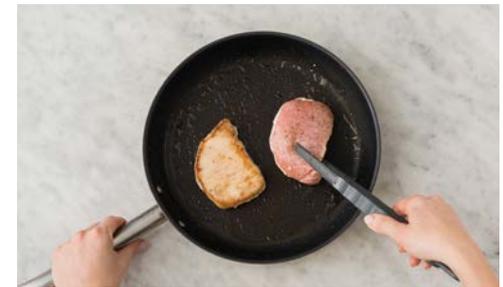
2 ROAST VEGGIES

Toss together **carrots**, **parsnips**, **onion**, half the **thyme**, **1 TBSP olive oil**, and a pinch of **salt** and **pepper** on a baking sheet. Roast in oven until tender and lightly browned, 23-25 minutes, tossing halfway through.



5 COAT PORK CHOPS

Return **pork** to pan and turn to coat in **glaze**. Cook until pork reaches desired doneness, 1-2 minutes longer. Using tongs, pick up each piece and gently shake above pan to let excess glaze drip off, then transfer to a cutting board.



3 COOK PORK

Heat a drizzle of **oil** in a large pan over medium-high heat. Pat **pork** dry with a paper towel. Season all over with **salt** and **pepper**. Add to pan and cook until browned and nearly cooked through, 3-4 minutes per side. Remove from pan and set aside.



6 FINISH AND SERVE

Thinly slice **pork**. Divide **veggies** and pork between plates, then drizzle with any remaining **glaze**.

TOP CHOPS!

Fan of the sugar glaze? It also works wonders on chicken.

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