



SUGAR-SWEET PORK CHOPS

with Mixed Root Veggies



HELLO

SWEET-AND-SPICY GLAZE

Sugar and cayenne spice makes these chops sticky and extra nice

PREP: 15 MIN | TOTAL: 35 MIN | CALORIES: 562



Pork Chops



Parsnip



Chicken Stock Concentrate



Cayenne Pepper



Garlic



Carrots



Red Onion



Thyme

START STRONG

If your root veggies are extra thick, cut them in half lengthwise first, then slice crosswise into half-moons. That way, your bites will stay bite-sized.

BUST OUT

- Peeler
- Tongs
- Baking sheet
- Large pan
- Paper towel
- 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 |
| • Parsnip | 1 2 |
| • 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 |

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1 PREHEAT AND PREP

Wash and dry all produce. Preheat oven to 400 degrees. Peel **carrots** and **parsnip**. Slice into ¼-inch rounds on a slight diagonal. Halve, peel, and slice **onion** into ½-inch 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**. Scrape up any browned bits from bottom. Bring to a simmer and let bubble until reduced by half, 2-3 minutes. Season to taste with **salt** and **pepper**.



2 ROAST VEGGIES

Toss **carrots**, **parsnip**, **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. Toss 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.



3 SEAR PORK CHOPS

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 sear until browned and nearly cooked through, 3-4 minutes per side. Remove from pan and set aside.



6 FINISH AND PLATE

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

TOP CHOPS!

That glaze also works wonders slathered on chicken.