



# SWEET APPLE PORK CHOPS

with Cauliflower Mash and Carrots



## HELLO

### CAULIFLOWER MASH

Potatoes and cauliflower join forces to create a creamy side that also packs in nutrients.

**PREP: 5 MIN | TOTAL: 45 MIN | CALORIES: 630**



Yukon Gold Potatoes



Carrots



Dried Thyme



Chicken Stock Concentrates



Cauliflower Florets



Pork Chops



Gala Apples

## START STRONG

Sneaking cauliflower into potatoes is an easy way to get kids to enjoy the calcium-rich veg. They can even help with the mashing, making sure that the mixture is perfectly creamy.

## BUST OUT

- Large pot
- Strainer
- Peeler
- 2 Baking sheets
- Oil (4 tsp)
- Butter (4 TBSP)  
(Contains: Milk)
- Large pan
- Potato masher

## INGREDIENTS

Ingredient 4-person

- Yukon Gold Potatoes 24 oz
- Cauliflower Florets 10 oz
- Carrots 12 oz
- Pork Chops 24 oz
- Dried Thyme 1 tsp
- Gala Apples 2
- Chicken Stock Concentrates 2

## HELLO WINE



PAIR WITH  
Libellule Pays d'Oc  
Gewürztraminer, 2016

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



## 1 PREHEAT OVEN AND START MASH

**Wash and dry all produce.** Adjust rack to middle position and preheat oven to 400 degrees. Cut **potatoes** into 1-inch cubes. Place potatoes and **cauliflower** in a large pot with a pinch of **salt** and enough water to cover by 1 inch. Bring to a boil and cook until very tender, 12-15 minutes. Drain and return to pot.



## 4 MAKE PAN SAUCE

Halve and remove cores from **apples**, then chop into ½-inch cubes. Heat **2 TBSP butter** and a drizzle of **oil** in pan used for pork over medium heat. Add apples and cook, tossing occasionally, until golden, 5-7 minutes. Season with **salt** and **pepper**. Stir in **stock concentrates** and ½ cup **water**. Increase heat to medium high and cook until apples are tender, 3-4 minutes.



## 2 PREP AND ROAST CARROTS

Meanwhile, peel **carrots**, then cut into 2-inch pieces. Cut each piece lengthwise into quarters. Place on a baking sheet and toss with a drizzle of **oil** and a pinch of **salt** and **pepper**. Roast in oven until slightly softened, 10-12 minutes.



## 5 MAKE CAULIFLOWER MASH

Add **2 TBSP butter** to pot with **potatoes** and **cauliflower**. (**TIP:** If potatoes and cauliflower have cooled, reheat briefly over low heat.) Toss to melt butter. Mash with a potato masher or fork until mostly smooth. Season with **salt** and **pepper**.



## 3 SEAR AND ROAST PORK

Meanwhile, heat a large drizzle of **oil** in a large pan over medium-high heat. Season **pork** all over with **salt**, **pepper**, and **thyme**. Add to pan and sear until browned on surface, 3-4 minutes per side. Transfer to another baking sheet and roast in oven until pork reaches desired doneness, 5-7 minutes more.



## 6 PLATE AND SERVE

Divide **cauliflower mash** and **carrots** between plates. Top mash with **pork**. Spoon **pan sauce** over, making sure to include **apple pieces**.

## FRESH TALK

What foods do you think of when you think of fall? Do you have a favorite?

Share your #HelloFreshPics with us! | (800) 733-2414 [HelloFresh.com](https://www.hellofresh.com) | [hello@hellofresh.com](mailto:hello@hellofresh.com)

WK 47 NJ-15