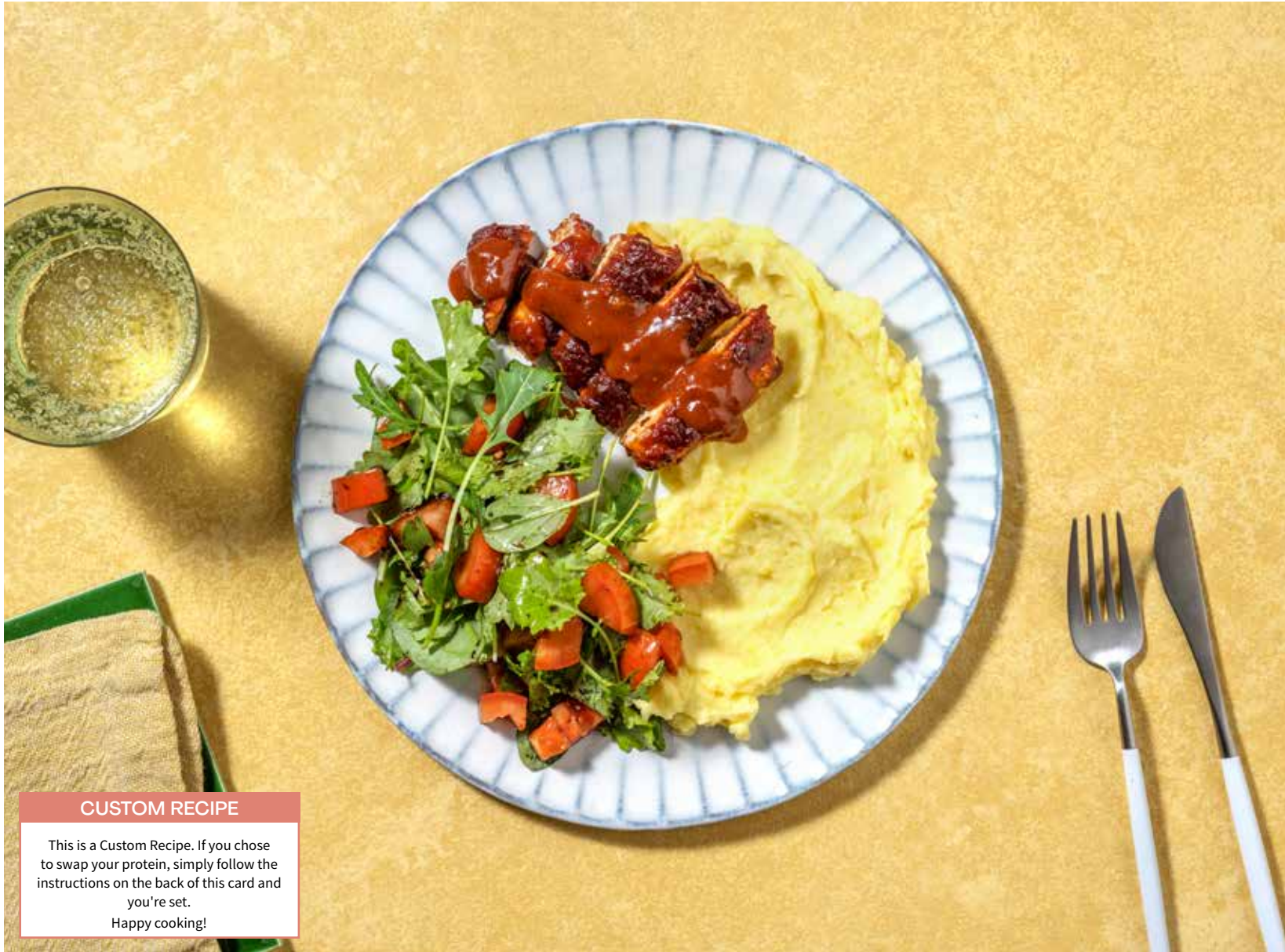




# Sweet 'n' Savoury Baked Pork Chops with Mashed Potatoes and Salad

Family Friendly 30-40 Minutes



Pork Chops,  
boneless



Chicken Breasts



Worcestershire  
Sauce



Sweet Chili Sauce



Tomato Sauce Base



Yellow Potato



Dijon Mustard



Balsamic Glaze



Spring Mix



Roma Tomato



Salad Topping Mix



Garlic Salt

### 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 WORCESTERSHIRE SAUCE

*This condiment gives food an alluring je ne sais quoi!*

## Start here

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

## Bust out

Baking sheet, colander, measuring spoons, potato masher, large bowl, parchment paper, small bowl, whisk, large pot, large non-stick pan, paper towels, vegetable peeler

## Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Chicken Breasts ♦	2	4
Worcestershire Sauce	1 tbsp	2 tbsp
Sweet Chili Sauce	2 tbsp	4 tbsp
Tomato Sauce Base	4 tbsp	8 tbsp
Yellow Potato	350 g	700 g
Dijon Mustard	1 ½ tsp	3 tsp
Balsamic Glaze	2 tbsp	4 tbsp
Spring Mix	56 g	113 g
Roma Tomato	160 g	320 g
Salad Topping Mix	28 g	56 g
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	2 ½ tbsp	5 tbsp
Milk*	3 tbsp	6 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook pork and poultry to a minimum internal temperature of 71°C/160°F and 74°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

Call us | (855) 272-7002

HelloFresh.ca

    @HelloFreshCA



### Cook potatoes

- Peel, then 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-high. Simmer uncovered until fork-tender, 10-12 min.
- Drain and return **potatoes** to the same pot, off heat.
- Mash **2 tbsp butter** and **3 tbsp milk** (dbl both for 4 ppl) into **potatoes** until creamy.



### Prep and make vinaigrette

- Meanwhile, cut **tomatoes** into ½-inch pieces.
- Add **remaining balsamic glaze** and **1 ½ tbsp oil** (dbl for 4 ppl) to a large bowl.
- Season with **salt** and **pepper**, to taste, then whisk to combine.



### Sear pork and mix sauce

- Meanwhile, heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **pork** dry with paper towels, then season with **pepper** and **half the garlic salt**.
- When the pan is hot, add **½ tbsp oil** (dbl for 4 ppl), then **pork**. Pan-fry until golden-brown, 1-2 min per side.
- Meanwhile, whisk together **tomato sauce base**, **sweet chili sauce**, **Worcestershire sauce**, **Dijon** and **half the balsamic glaze** in a small bowl.
- Remove the pan from heat, then transfer **pork** to a parchment-lined baking sheet.

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.\*\*



### Make salad

- When **pork** is almost done, add **spring mix** and **tomatoes** to the bowl with **vinaigrette**.
- Toss to combine.



### Cook sauce and roast pork

- Add **sauce** to the same pan, then bring to a simmer over medium.
- Once simmering, add **½ tbsp butter** (dbl for 4 ppl). Cook, stirring often, until **sauce** thickens slightly, 30 sec-1 min. Season with **salt** and **pepper**, to taste.
- Transfer **half the sauce** back to the same small bowl. Set aside.
- Add **pork** to the pan with **remaining sauce**, then flip to coat.
- Transfer **pork** back to the same parchment-lined baking sheet. Spoon **any remaining sauce** from the pan over **pork**.
- Roast in the **top** of the oven until cooked through, 8-10 min.\*\*



### Finish and serve

- Thinly slice **pork**.
- Season **mashed potatoes** with **pepper** and **remaining garlic salt**, to taste.
- Divide **mashed potatoes**, **pork** and **salad** between plates.
- Sprinkle **salad topping mix** over **salad**.
- Serve **reserved sauce** on the side for dipping.

## Dinner Solved!