

# HELLO Pork Chops and Mushroom-Sour Cream Sauce

with Roasted Snap Peas

35 Minutes





Customized Protein Add





2 Double

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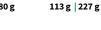




Pork Chops, boneless

Mushrooms

340 g | 680 g





Sugar Snap Peas



113 g | 227 g



Shallot



1 | 2

1 | 1





Chicken Broth Concentrate 1 | 2



Spice Blend 1 tbsp | 2 tbsp



Montreal Spice Blend

1 tbsp | 1 tbsp



Allengens 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. Cooking utensils | Baking sheet, colander, large non-stick pan, large pot, measuring cups, measuring spoons, paper towels, potato masher, small bowl, vegetable peeler, whisk



## Cook and mash potatoes

- Before starting, preheat the oven to 450°F.
- · Wash and dry all produce.
- Peel, then cut **sweet potatoes** into 1-inch pieces.
- Combine sweet potatoes, 2 tsp salt and enough water to cover (by approx. 1 inch) in 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, then mash 2 tbsp (4 tbsp) butter into **sweet potatoes** until creamy. Season with **salt** and pepper.



## Cook mushrooms and shallots

- Meanwhile, return the same pan to medium.
- Add **1 tbsp** (2 tbsp) **butter**, then swirl the pan to melt.
- Add mushrooms and shallots. Cook, stirring occasionally, until softened slightly, 3-4 min. Season with **salt** and **pepper**.
- Sprinkle Cream Sauce Spice Blend over the pan. Cook, stirring constantly, until combined, 30 sec.



## Prep

- Meanwhile, trim snap peas.
- Transfer snap peas to one side of an unlined baking sheet. Toss with 1/2 tbsp (1 tbsp) oil. Season with **salt** and **pepper**. Set aside.
- Thinly slice mushrooms.



## Finish mushroom-sour cream sauce

- Add broth concentrate to the pan with mushrooms. Gradually stir in ½ cup (¾ cup) water until combined.
- · Bring to a simmer on medium-high.
- Cook, stirring occasionally, until sauce thickens slightly, 2-3 min.
- While sauce simmers, add sour cream to a small bowl. Whisk in 2 tbsp (4 tbsp) sauce from the pan until smooth.
- · Remove from heat, then whisk in sour cream mixture until smooth. Season with salt and pepper, to taste.



## Sear pork

Swap | Pork Tenderloin

#### 🗘 Swap | Tofu

- Pat **pork chops** dry with paper towels. Season with **salt** and **half the Montreal** Spice Blend (use all for 4 ppl).
- Heat a large non-stick pan over medium-high.
- When hot, add 1 tbsp (2 tbsp) oil, then pork. Sear until golden-brown, 1-2 min per side.
- Transfer **pork** to the baking sheet, next to snap peas.
- Roast in the **top** of the oven, until **snap peas** are tender and **pork** is cooked through, 8-10 min.\*\*



## Finish and serve

## 🚫 Swap | Tofu 🕽

- Thinly slice pork chops.
- Divide pork, snap peas and mash between plates.
- Spoon mushroom-sour cream sauce over pork and mash.

Measurements within steps

1 tbsp 2 person

oil

4 person Ingredient

## 3 | Sear pork

## 🔘 Swap | Pork Tenderloin

If you've opted to get **pork tenderloin**, season it in the same way the recipe instructs you to season the **pork chops**. Increase sear time to 6-8 min, then increase the roast time to 14-18-min.

## 3 | Sear tofu

#### O Swap | Tofu

If you've opted to get **tofu**, pat dry with paper towels. Cut **tofu** in half parallel to the cutting board. (NOTE: You will have two square tofu steaks per block.) Using a fork, poke tofu all over. Season and cook **tofu** in the same way the recipe instructs you to season and cook the **pork**, until tender.

#### 6 | Finish and serve

## O Swap | Tofu

Plate **tofu** in the same way the recipe instructs you to plate the **pork**.