



Pork Chops and Mushroom-Sour Cream Sauce with Roasted Snap Peas

35 Minutes

Customized Protein

+ Add












Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



 Pork Tenderloin 340 g 680 g	 Tofu 1 2
 Pork Chops, boneless 340 g 680 g	 Mushrooms 113 g 227 g
 Sugar Snap Peas 113 g 227 g	 Sour Cream 1 2
 Shallot 1 1	 Sweet Potato 2 4
 Chicken Broth Concentrate 1 2	 Cream Sauce Spice Blend 1 tbsp 2 tbsp
 Montreal Spice Blend 1 tbsp 1 tbsp	

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.

Pantry items | Unsalted butter, salt, pepper

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

1



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**.

4



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.

2



Prep

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

5



Finish mushroom-sour cream sauce

- Add **broth concentrate** to the pan with **mushrooms**. Gradually stir in $\frac{1}{2}$ **cup** ($\frac{3}{4}$ 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.

3



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.**

6



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 tbsp) **oil**
2 person 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

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

Swap | **Tofu**

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

** Cook to a minimum internal temperature of 71°C/160°F, as size may vary.