

# HELLO Carb Smart Steakhouse Pork Chops Au Poivre with Roasted Veggies

Smart Meal

25 Minutes





Customized Protein Add





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 🦫









Pork Chops, boneless 340 g | 680 g

Cracked Black Pepper 1 tsp | 2 tsp





Chicken Broth Concentrate 2 | 4

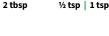
Cauliflower 285 g | 570 g







All-Purpose Flour 1 tbsp | 2 tbsp

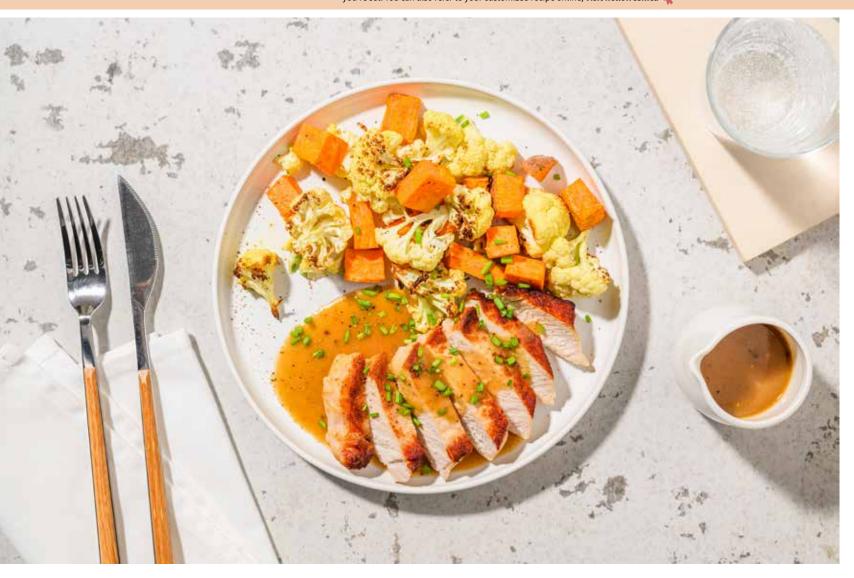






2 | 4

Chives 7 g | 14 g



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 | 2 baking sheets, measuring spoons, parchment paper, paper towels, large non-stick pan, measuring cups, whisk, aluminum foil



# Prep veggies

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Thinly slice chives.
- Cut **sweet potato** into ½-inch pieces.
- Cut cauliflower into bite-sized pieces.



# Roast veggies

- Add sweet potatoes, cauliflower, 1 tbsp (2 tbsp) oil, 1/4 tsp (1/2 tsp) garlic salt and **pepper** to a parchment-lined baking sheet. Toss to coat.
- halfway through, until tender and goldenbrown, 18-20 min.



# Prep and cook pork

😢 Double | Pork Chops 🕽

#### 🗘 Swap | Tofu

- Meanwhile, pat **pork** dry with paper towels, then season with 1/4 tsp (1/2 tsp) garlic salt and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ tbsp (1 tbsp) oil, then pork. Pan-fry until golden, 2-3 min per side, then transfer **pork** to an unlined baking sheet.
- Roast in the **bottom** of the oven until cooked through, 7-10 min.\*\*



Roast in the middle of the oven, flipping



#### Make sauce

- Heat the same pan (used in step 3) over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan to melt.
- Add half the cracked black pepper (use all for 4 ppl) and flour. Cook, stirring constantly, until fragrant, 1 min.
- Whisk in broth concentrate and ¾ cup (1 ½ cups) water. Bring to a simmer and cook, stirring occasionally, until sauce thickens slightly, 2-3 min. Remove from heat, then season with salt, to taste.



## Finish and serve

#### 🗘 Swap | Tofu

- Transfer pork to a plate, then cover loosely with foil. Set aside to rest, 2-3 min.
- Add any remaining juices from the pork to the pan with the **sauce**. Whisk to combine.
- Thinly slice pork.
- Divide roasted veggies between plates, then sprinkle over half the chives.
- Top with pork, then spoon pepper sauce over **pork**.
- Sprinkle remaining chives over top.

Measurements within steps

1 tbsp 2 person 4 person

oil Ingredient

## 3 | Prep and cook pork

#### 

If you've opted for **double pork**, prepare and cook it in the same way the recipe instructs you to cook the **regular portion of pork**. Work in batches, if necessary.

#### 3 | Prep and cook 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 chops**, until golden.

#### 5 | Finish and serve

# O Swap | Tofu

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