



Carb Smart Steakhouse Pork Chops Au Poivre with Roasted Veggies

Smart Meal

25 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](http://www.hellofresh.ca)

*2 Double



Pork Chops, boneless
680 g | 1360 g

Swap



Tofu
1 | 2



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



Garlic Salt
1/2 tsp | 1 tsp



Sweet Potato
2 | 4



Chives
7 g | 14 g



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, oil, salt, pepper

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

1



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.

2



Roast veggies

- Add **sweet potatoes, cauliflower, 1 tbsp (2 tbsp) oil, ¼ tsp (½ tsp) garlic salt and pepper** to a parchment-lined baking sheet. Toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 18-20 min.

3



Prep and cook pork

×2 Double | **Pork Chops**

🔄 Swap | **Tofu**

- Meanwhile, pat **pork** dry with paper towels, then season with ¼ **tsp (½ 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.**

4



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.

5



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 **tbsp**) **oil**
2 person 4 person Ingredient

3 | Prep and cook pork

×2 Double | **Pork Chops**

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

🔄 Swap | **Tofu**

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

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