



Smart Roasted Pork Chops

with Buttery Cauliflower-Potato Mash and Shallot Gravy

Smart Meal

30 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)

Swap



Chicken Thighs
280 g | 560 g

Double



Pork Tenderloin
680 g | 1360 g



Pork Chops, boneless
340 g | 680 g



Cauliflower
285 g | 570 g



Chicken Broth Concentrate
1 | 2



Shallot
1 | 2



Garlic Salt
1 tsp | 2 tsp



Dijon Mustard
1 tbsp | 2 tbsp



All-Purpose Flour
1 tbsp | 2 tbsp



Zucchini
1 | 2



Montreal Spice Blend
1 tbsp | 1 tbsp



Russet Potato
1 | 2



Soy Sauce
½ 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 | Pepper, salt, unsalted butter, oil

Cooking utensils | 2 baking sheets, large non-stick pan, large pot, measuring cups, measuring spoons, paper towels, parchment paper, potato masher, strainer, vegetable peeler, whisk

1



Cook pork chops

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

🔄 Swap | **Chicken Thighs**

✖2 Double | **Pork Tenderloin**

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **pork chops** dry with paper towels.
- Coat all over with **Dijon**. Season with **half the Montreal Spice Blend** (use all for 4 ppl).
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **pork chops**. Sear, until golden-brown, 1-2 min per side.
- Transfer to a parchment-lined baking sheet. Roast in the **middle** of the oven until cooked through, 11-12 min.**
- Reserve **any drippings** to add to **gravy**.

4



Start shallot gravy

- When **pork chops** are almost done, carefully wipe the same pan (from step 1) clean, then reheat over medium.
- When the pan is hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan until melted.
- Add **shallots**. Cook, stirring often, until **shallots** soften slightly, 2-3 min.
- Sprinkle **flour** over **shallots**. Cook, stirring often, until coated, 1 min.

2



Cook cauliflower-potato mash

- Meanwhile, peel, then cut **potato** into 1-inch pieces.
- Cut **cauliflower** into bite-sized pieces.
- Add **cauliflower**, **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. Cook, uncovered, until fork-tender, 10-12 min.
- Drain and return **veggies** to the same pot, off heat.
- Mash **2 tbsp** (4 tbsp) **butter** into **veggies** until almost creamy. (**NOTE**: Cauliflower-potato mash will still have a few lumps.)
- Season with **salt** and **pepper**.

5



Finish shallot gravy

- Gradually whisk in $\frac{3}{4}$ cup (1 $\frac{1}{2}$ cups) **water** until smooth.
- Add **broth concentrate**, **soy sauce** and **any drippings** from the baking sheet with **pork chops**. Bring to a simmer over medium-high.
- Once simmering, cook, whisking occasionally, until **gravy** thickens slightly, 2-3 min.
- Season with **salt** and **pepper**.

3



Finish prep and roast zucchini

- Meanwhile, peel, then cut **shallot** into $\frac{1}{4}$ -inch pieces.
- Cut **zucchini** into $\frac{1}{4}$ -inch rounds.
- When **cauliflower** and **potatoes** start boiling, add **zucchini**, **garlic salt** and $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil** to an unlined baking sheet. Season with **pepper**, then toss to coat.
- Roast **zucchini** in the **top** of the oven until tender-crisp, 12-14 min.

6



Finish and serve

- Thinly slice **pork chops**.
- Divide **pork chops**, **cauliflower-potato mash** and **zucchini** between plates.
- Spoon **shallot gravy** over **pork chops**.

Measurements
within steps

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

1 | Cook chicken

🔄 Swap | **Chicken Thighs**

If you've opted to get **chicken thighs**, cook them in the same way the recipe instructs you to cook the **pork chops**.**

1 | Cook pork tenderloin

✖2 Double | **Pork Tenderloin**

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

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook pork to a minimum internal temperature of 71°C/160°F, as size may vary, and cook chicken to a minimum internal temperature of 74°C/165°F.