

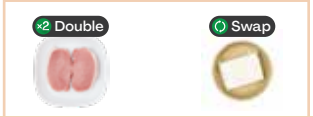


Pork Chops and Mushroom-Sour Cream Sauce with Roasted Snap Peas

Family Friendly 30-40 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 Chops
680 g | 1360 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
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 | 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 sweet 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 return **sweet potatoes** to the pot, off heat.
- 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**.
- Peel, then finely chop **shallot**.

5



Finish mushroom sauce

- Add **broth concentrate** to the pan with **mushrooms**. Gradually stir in $\frac{3}{4}$ **cup** (1 $\frac{1}{2}$ **cups**) **water** until combined.
- Bring to a simmer over 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



Roast pork and snap peas

×2 Double | **Pork Chops**

🔄 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 heat.
- When hot, add **1 tbsp oil** (use same for 4 ppl), 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, 6-9 min.**

6



Finish and serve

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

Measurements within steps | **1 tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Roast pork and snap peas

×2 Double | **Pork Chops**

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

3 | Roast tofu and snap peas

🔄 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 roast **tofu** the same way the recipe instructs you to season and roast **pork chops**, decreasing roasting time to 6-8 min, until golden.

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