

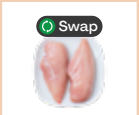


Smart Roasted Fig-Maple Pork Chops

with Veggie Jumble

Smart Meal

30 Minutes



Customized Protein

+ Add

Swap

or

x2 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)

Chicken Breasts
2 | 4



Pork Chops, boneless
340 g | 680 g



Red Onion
1 | 2



Carrot
1 | 2



Garlic Salt
3/4 tsp | 1 1/2 tsp



Fig Spread
2 tbsp | 4 tbsp



Maple Syrup
2 tbsp | 4 tbsp



Dijon Mustard
1/2 tbsp | 1 tbsp



Chicken Broth Concentrate
1 | 2



Brussels Sprouts
170 g | 227 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 | Oil, unsalted butter, salt, pepper

Cooking utensils | Baking sheet, large non-stick pan, measuring cups, measuring spoons, parchment paper, vegetable peeler

1



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Peel, then cut **onion** into 1-inch pieces, then finely chop **1 tbsp** (2 tbsp) **onion**.
- Halve **Brussels sprouts** (if large, quarter them).
- Peel, then cut **carrot** into ½-inch half moons.

2



Roast veggies

- Add **1-inch onion pieces, carrots, Brussels sprouts, ½ tsp** (1 tsp) **garlic salt** and **½ tbsp** (1 tbsp) **oil** to a parchment-lined baking sheet. Toss to coat.
- Roast **veggies** in the **middle** of the oven until beginning to soften, 8-10 min. (**NOTE:** Veggies will finish cooking in step 3.)

3



Cook pork chops

🔄 Swap | **Chicken Breasts**

- 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, 3-4 min per side.
- Flip **veggies**, then top with **pork chops**. Roast in the **middle** of the oven until **pork** is cooked through and **veggies** are tender, 8-10 min.**

4



Make fig-maple sauce

- Meanwhile, add **1 tbsp butter** (2 tbsp) to the same pan. Heat over medium, swirling the pan until melted, 1 min.
- Add **finely chopped onion**. Cook, stirring occasionally, until softened, 2-3 min. Season with **salt**.
- Add **fig spread, maple syrup, Dijon, broth concentrate** and **¼ cup** (½ cup) **water**. Cook, stirring often, until **sauce** thickens slightly, 3-4 min.
- Remove the pan from heat.

5



Finish and serve

- Thinly slice **pork chops**.
- Divide **veggies** and **pork** between plates.
- Drizzle **fig-maple sauce** over **pork**.

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 | Cook chicken

🔄 Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, prep and cook **chicken breasts** in the same way the recipe instructs you to prep and cook **pork chops****

♦ 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 and chicken to a minimum internal temperature of 71°C/160°F and 74°C/165°F respectively, as size may vary.