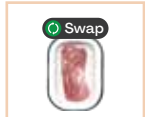




Mushroom-Smothered Pork Chops with Spinach Mashed Potatoes

30 Minutes



Pork Tenderloin
340 g | 680 g

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)



Pork Chops, boneless
340 g | 680 g



Russet Potato
2 | 4



Baby Spinach
56 g | 113 g



Mushrooms
227 g | 454 g



Garlic Puree
1 tbsp | 2 tbsp



Cream Cheese
1 | 2



Yellow Onion
1 | 1



Chicken Broth Concentrate
1 | 2



Cream Sauce Spice Blend
1 tbsp | 2 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.*

Ingredient quantities 56 g | 113 g
2-serving | 4-serving

Pantry items | Pepper, milk, oil, salt, butter

Cooking utensils | Baking sheet, colander, large non-stick pan, large pot, measuring cups, measuring spoons, paper towels, potato masher, vegetable peeler

1



Prep and cook potatoes

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Remove any brown spots from **potatoes**. Peel, then cut **potatoes** into 1-inch pieces.
- To a large pot, add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch). (Use same for 4 servings.) Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium-high. Simmer uncovered for 10-12 min, until fork-tender.

4



Make sauce

- Add **1 tbsp** (2 tbsp) **butter** to the pan over medium heat, then swirl pan to melt.
- Add **onions** and **mushrooms**. Cook for 3-4 min, stirring occasionally, until softened. Season with **salt** and **pepper**.
- Sprinkle with **remaining Cream Sauce Spice Blend** and add **garlic puree**. Cook, stirring often, until **veggies** are coated, 30 sec.
- Add **cream cheese**, **chicken broth concentrate** and **½ cup** (1 cup) **water**. Cook for 2-3 min, stirring often, until **sauce** thickens.
- Season with **salt** and **pepper**, to taste.
- Remove the pan from heat.

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

2



Prep and cook pork

Swap | **Pork Tenderloin**

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

5



Finish potatoes

- Drain and return **potatoes** to the same pot, off heat.
- Add **spinach**. Stir constantly for 1 min, until **spinach** is wilted.
- Mash **2 tbsp** (4 tbsp) **butter** and **¼ cup** (½ cup) **milk** into **potatoes** until mashed. Season with **salt** and **pepper**, to taste.

3



Prep

- Meanwhile, peel, then cut **half the onion** into ¼-inch pieces (use whole onion for 4 servings).
- Cut **mushrooms** into ¼-inch slices.
- Roughly chop **spinach**.

6



Finish and serve

Swap | **Pork Tenderloin**

- Thinly slice **pork chops**.
- Divide **spinach mash** between plates.
- Top with **pork**, then spoon **mushroom sauce** over top.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2-serving 4-serving 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.

2 | Prep and cook pork

Swap | **Pork Tenderloin**

If you've opted to get **pork tenderloin**, sear in the same way the recipe instructs you to sear **pork chops**. Increase sear time to 6-8 min, then arrange on an unlined baking sheet. Roast in the **middle** of the oven for 14-18 min, until cooked through.

6 | Finish and serve

Swap | **Pork Tenderloin**

Thinly slice **pork**.