

Family Friendly 30–40 Minutes

or

🜔 Swap)



Breasts (

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and 2 Double you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🌊



Allergens Heyhome 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.



♦ Customized Protein Add

### Pantry items | Butter, oil, salt, pepper

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



#### Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Strip **sage leaves** from stems, then finely chop **1 tbsp** (2 tbsp) **sage**.
- Peel, then cut **onion** into 1-inch pieces.
- Remove any brown spots from **potatoes** and cut into ½-inch pieces.
- Peel, then cut **carrots** into ½-inch rounds.



# **Roast veggies**

golden and tender.

- To a parchment-lined baking sheet, add potatoes, onions, carrots, half the sage and 1 tbsp (2 tbsp) oil. Season with salt and pepper, then toss to combine.
- Arrange veggies in a single layer.
- Roast in the middle of the oven for 22-24 min, stirring halfway through, until



# Sear pork

#### 🔇 Swap | Chicken Breasts

- Meanwhile, heat a large non-stick pan over medium-high.
- While the pan heats, pat **pork** dry with paper towels, then season with **half the garlic salt** and **pepper**.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **pork**. Sear for 4-5 min, turning occasionally, until golden.
- Remove the pan from heat.



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 | Sear chicken

#### 🚫 Swap | Chicken Breast

If you've opted to get **chicken breasts**, season in the same way the recipe instructs you to season **pork chops**. When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Sear for 1-2 min per side.

# 4 | Roast chicken

#### 🚫 Swap | Chicken Breasts

Arrange **chicken** on top of **veggies**. Roast for 10-12 min, in the same way as the **pork**, until **veggies** are tender and **chicken** is cooked through.\*\*



#### **Roast pork**

#### 🔇 Swap | Chicken Breast

- When the veggies are halfway through roasting, carefully remove from the oven and stir.
- Arrange **pork** on top of **veggies**. (NOTE: For 4 servings, use a second parchment-lined baking sheet for the pork.)
- Roast in the middle of the oven for 12-14 min, until veggies are tender and pork is cooked through.\*\* (NOTE: For 4 servings, roast pork in the bottom of the oven.)



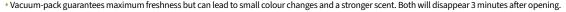
### Make mustard sauce

- Meanwhile, heat the same pan (from step 3) over medium.
- Add **1 tbsp** (2 tbsp) **butter**, then swirl the pan until melted, 30 sec.
- Add mustard, broth concentrate, cream, remaining sage and 2 tbsp (4 tbsp) water.
  Cook for 2-3 min, stirring often, until sauce is fragrant and slightly thickened.
- Season with remaining garlic salt and pepper.



# Finish and serve

- Thinly slice **pork**.
- Divide veggies between plates. Top with pork.
- Spoon mustard sauce over pork.



\*\* Cook pork and chicken to a minimum internal temperature of 160°F and 165°F respectively.