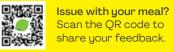


# Carb Smart Pork Chops

with Creamy Green Beans

Carb Smart

30 Minutes







Pork Chops, boneless





Whole Grain Mustard



Cream

Shallot

Green Beans



Chicken Broth Concentrate

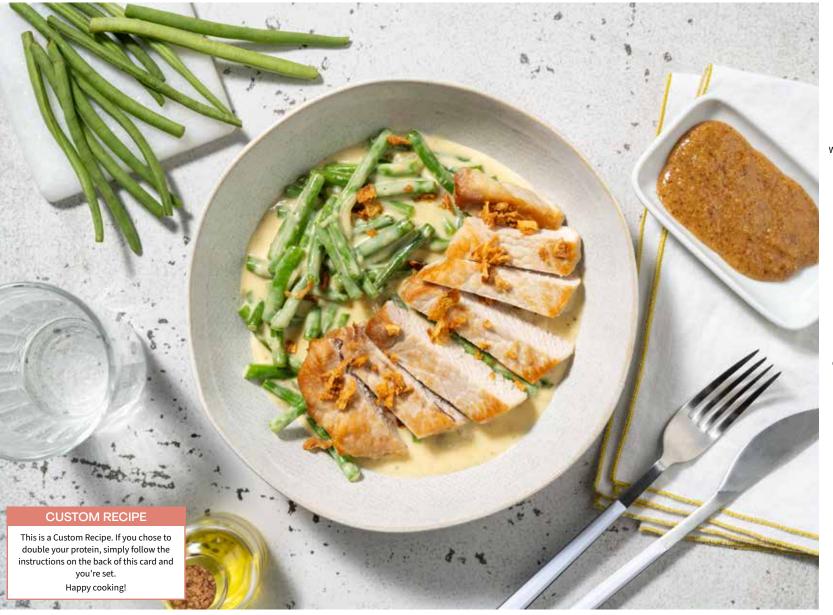


Cream Sauce Spice Blend



Crispy Shallots

Garlic, cloves



### HELLO SHALLOT

# Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Measurements , 1 tbsp (2 tbsp) within steps

### **Bust out**

Baking sheet, measuring spoons, measuring cups, large non-stick pan, paper towels

# Ingredients

ingi calcines		
	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Double Pork Chops, boneless	680 g	1360 g
Whole Grain Mustard	1 tbsp	2 tbsp
Cream	56 ml	113 ml
Shallot	50 g	100 g
Green Beans	340 g	680 g
Chicken Broth Concentrate	1	2
Garlic, cloves	1	2
Cream Sauce Spice Blend	1 tbsp	2 tbsp
Crispy Shallots	14 g	28 g
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		

Salt and Pepper\*

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

# 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.





- Pat **pork chops** dry with paper towels.
- Sprinkle 1 tsp (2 tsp) Cream Sauce Spice Blend over pork, then season with salt and pepper.
- Heat a large non-stick pan over mediumhigh heat.
- When hot, add 1/2 tbsp (1 tbsp) oil, then pork. Pan-fry until golden, 2-3 min per side, then transfer to an unlined baking sheet.
- Roast in the middle of the oven until cooked through, 8-12 min.\*\*

If you've opted for **double pork**, pat **extra pork** dry with paper towels, then season with salt and **pepper**. Cook it in the same way the recipe instructs you to prepare and cook the regular portion of **pork**. Work in batches, if necessary.



### Prep

- Meanwhile, trim green beans, then cut in half.
- Peel, then mince or grate garlic.
- Peel, then cut **shallot** into 1/4-inch pieces.

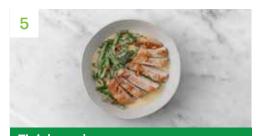


- Add green beans and 1/4 cup (1/2 cup) water to the same pan over medium. Cook, stirring occasionally, until water evaporates, 4-5 min.
- Add 1 tbsp (2 tbsp) butter and shallots. Cook, stirring often, until **shallots** are softened, 1-2 min.
- Add garlic and sprinkle over remaining Cream Sauce Spice Blend. Cook until fragrant, 1 min.
- Season with salt and pepper, to taste.



### Make sauce

- Add broth concentrate, mustard, cream and ½ cup (1 cup) water.
- Bring to a boil over medium-high. Cook, stirring occasionally, until **sauce** is slightly reduced, 2-3 min.
- Season with salt and pepper to taste.



## Finish and serve

- Thinly slice pork.
- Divide creamy green beans and pork between plates.
- Sprinkle half the crispy shallots (use all for 4 ppl) over **beans**.

# **Dinner Solved!**