



Carb Smart Southern Pork Chops with Creamy Greens

Carb Smart

30 Minutes



Pork Chops, boneless



Baby Spinach



Kale, chopped



Sweet Bell Pepper



Shallot



Green Onions



Cream



BBQ Seasoning



Dijon Mustard



Chicken Broth Concentrate

HELLO BBQ SEASONING

This spice is the perfect blend of sweet, savoury and smoky!

Start here

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

Bust out

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

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Baby Spinach	113 g	227 g
Kale, chopped	113 g	227 g
Sweet Bell Pepper	160 g	320 g
Shallot	50 g	100 g
Green Onions	2	2
Cream	113 ml	226 ml
BBQ Seasoning	1 tbsp	2 tbsp
Dijon Mustard	1 ½ tsp	3 tsp
Chicken Broth Concentrate	1	2
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.

Carb Smart is based on a per serving calculation of the recipe's carbohydrate amount.

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Prep

Core, then cut **pepper** into ½-inch pieces. Peel, then finely chop **shallot**. Thinly slice **green onions**. Roughly chop **spinach**.



Cook pork

Pat **pork** dry with paper towels, then season with **salt**, **pepper** and **BBQ Seasoning**. Heat a large non-stick pan over medium heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **pork**. Pan-fry until golden, 2-3 min per side. Transfer to a parchment-lined baking sheet. Roast in the **middle** of the oven until cooked through, 10-12 min.** Carefully rinse and wipe the pan clean.



Cook peppers

While **pork** roasts, heat the same pan over medium. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **peppers**. Season with **salt** and **pepper**. Cook, stirring occasionally, until tender-crisp, 3-4 min. Transfer to a plate.



Make cream base

Heat the same pan over medium. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **shallots**. Cook, stirring occasionally, until softened, 2-3 min. Add **cream**, **Dijon**, **broth concentrate** and ¼ **cup water** (dbl for 4 ppl), then stir to combine. Bring to a simmer and cook, stirring occasionally, until **cream base** thickens slightly, 3-4 min.



Cook greens

Add **kale** and **peppers** to the pan with **cream base**. Cook, stirring occasionally, until **kale** wilts, 2-3 min. Add **spinach** and **half the green onions**. Stir until **spinach** wilts, 1-2 min. Season with **salt** and **pepper**, to taste.



Finish and serve

When **pork** is done, transfer to a plate to rest for 3-5 min. Thinly slice **pork**. Divide **pork** and **creamy greens** between plates. Sprinkle **remaining green onions** over top.

Dinner Solved!