



# French Onion Pork Chops

## with Smashed Potatoes and Balsamic Side Salad

Quick

25 Minutes



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Pork Chops,  
boneless



Chicken Breasts



Yellow Potato



Soy Sauce



Onion, sliced



Roma Tomato



Baby Spinach



Cream



Chicken Broth  
Concentrate



Cream Sauce Spice  
Blend



Balsamic Glaze



Zesty Garlic Blend

### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO BALSAMIC GLAZE

Both sweet and tart, this flavour maker works in a variety of dishes!

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

## Bust out

Baking sheet, colander, measuring spoons, potato masher, large bowl, measuring cups, whisk, large pot, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Chicken Breasts*	2	4
Yellow Potato	350 g	700 g
Soy Sauce	1 tbsp	2 tbsp
Onion, sliced	113 g	227 g
Roma Tomato	95 g	190 g
Baby Spinach	56 g	113 g
Cream	56 ml	113 ml
Chicken Broth Concentrate	1	2
Cream Sauce Spice Blend	1 tbsp	2 tbsp
Balsamic Glaze	2 tbsp	4 tbsp
Zesty Garlic Blend	1 tbsp	2 tbsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook pork and poultry to minimum internal temperatures of 71°C/160°F and 74°C/165°F, respectively, as size may vary.

† Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## 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.



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1



### Cook potatoes

- Cut **potatoes** into 1-inch pieces.
- Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min.
- Drain and return **potatoes** to the same pot, off heat.

4



### Make salad

- Meanwhile, cut **tomato** into ½-inch pieces.
- Add **remaining balsamic glaze** and **1 tbsp (2 tbsp) oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **spinach** and **tomatoes**, then toss to coat.

2



### Cook pork

- Meanwhile, pat **pork** dry with paper towels. Season with **salt**, **pepper** and **half the Zesty Garlic Blend**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp (1 tbsp) oil**, then **pork**. Pan-fry until golden, 1-2 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 to get **chicken breasts**, prepare and sear them in the same way the recipe instructs you to prepare and sear the **pork chops**, then increase the roast time to 10-12 min.\*\*

5



### Mash potatoes

- When **potatoes** are fork-tender, roughly mash in **cream** and **1 tbsp (2 tbsp) butter** until slightly mashed. (**NOTE:** 'Smashed' potatoes will still have a few chunks!)
- Season with **salt** and **pepper**, to taste.

3



### Make sauce

- Meanwhile, reheat the same pan over medium.
- When hot, add **1 tbsp (2 tbsp) butter**, then **onions**. Cook, stirring often, until softened, 2-3 min.
- Add **Cream Sauce Spice Blend** and **remaining Zesty Garlic Blend**. Stir until **onions** are coated, 30 sec.
- Add **1 cup (2 cups) water**, **soy sauce**, **broth concentrate** and **half the balsamic glaze**. Bring to a simmer.
- Cook, stirring often, until **sauce** thickens slightly, 3-4 min. Season with **salt** and **pepper**, to taste.

6



### Finish and serve

- When **pork** is done, transfer to a plate to rest. Stir **any pork juices** from the baking sheet into **sauce**.
- Thinly slice **pork**.
- Divide **pork**, **potatoes** and **salad** between plates.
- Spoon **sauce** over **pork** and **potatoes**.

Dinner Solved!