



French Onion Pork Chops

with Smashed Potatoes and Balsamic Side Salad

25 Minutes

[Custom Recipe](#)

[+ Add](#)

[↻ Swap](#)

or

[*2 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)



*2 Double	↻ Swap
Pork Chops, boneless 680 g 1360 g	Tofu 1 2

Pork Chops, boneless 340 g 680 g	Yellow Potato 350 g 700 g

Soy Sauce 1 tbsp 2 tbsp	Yellow Onion ½ 1

Tomato 1 2	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

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.

Pantry items | Unsalted butter*, oil*, salt*, pepper*

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

1



Cook potatoes

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

- 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.

2



Cook pork

×2 Double | **Pork Chops, boneless**

Swap | **Tofu**

- 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.**

3



Make sauce

- Meanwhile, peel, then cut **half the onion** (whole onion for 4 ppl) into ¼-inch pieces.
- 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 to combine.
- 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.

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.

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.

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**.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

2 | Cook pork

×2 Double | **Pork Chops, boneless**

If you've opted for **double pork**, prepare, cook and plate it in the same way the recipe instructs you to prepare, cook and plate the **regular portion of pork**. Don't overcrowd the pan. Pan-fry in batches, if needed.

2 | Cook tofu

Swap | **Tofu**

If you've opted to get **tofu**, pat dry with paper towels. Cut **tofu** in half parallel to the cutting board. (**NOTE:** You will have two "square" tofu steaks per block). Season **tofu** in the same way the recipe instructs you to season the **pork**.

Heat a large non-stick pan over medium heat. When hot add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Pan-fry until golden, 2-3 min per side.

Transfer **tofu** to a plate. Cover to keep warm. No need to bake **tofu** after pan-frying. Top final plates with **tofu**.



Issue with your meal? Scan the QR code to share your feedback.

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