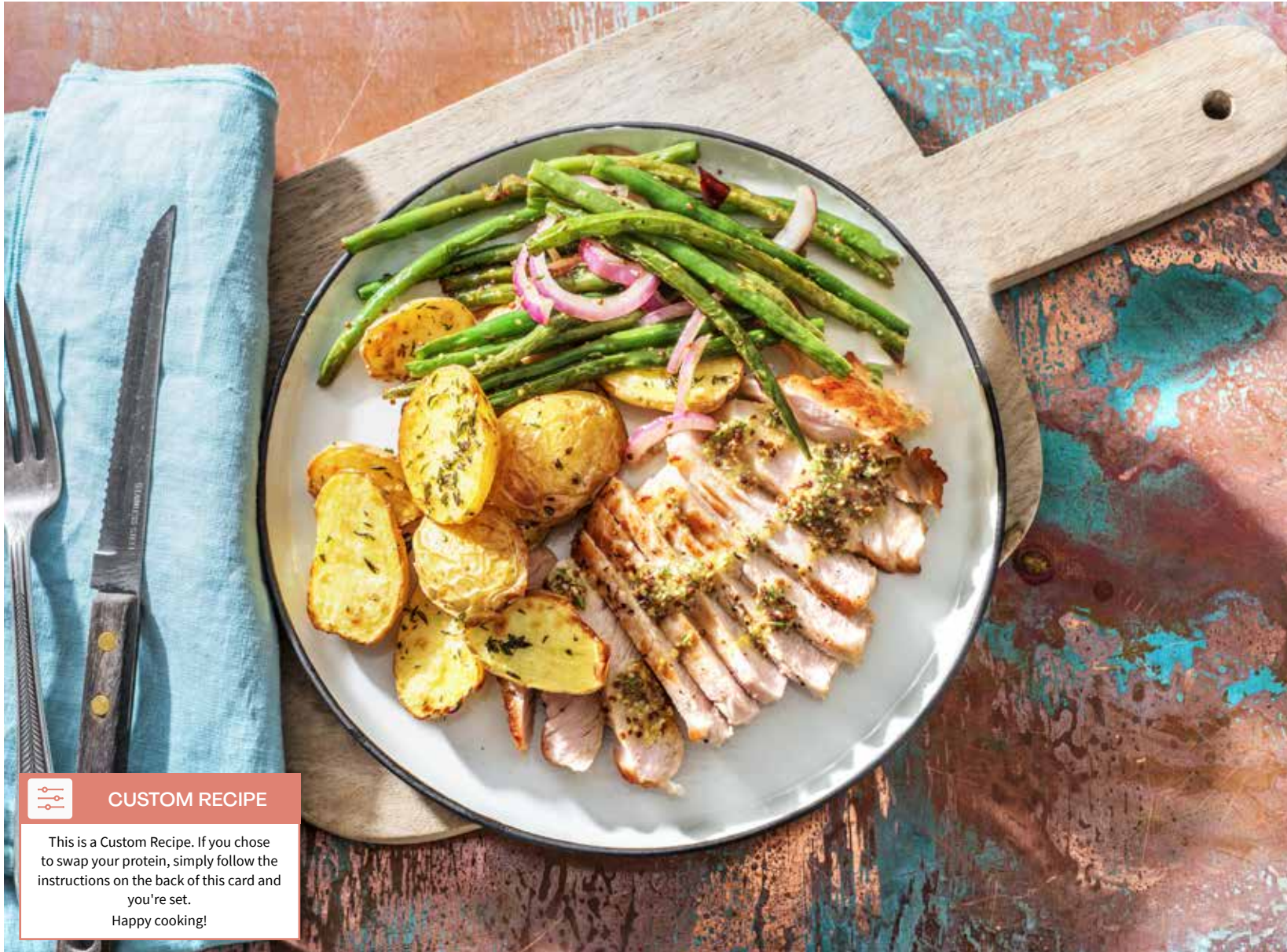




Honey Mustard Pork Chops

with Roasted Potatoes and Green Beans

30 Minutes



Pork Chops, boneless



Pork Tenderloin



Yellow Potato



Honey



Whole Grain Mustard



Thyme



Lemon



Green Beans



Red Onion



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 WHOLE GRAIN MUSTARD

The secret ingredient to a sweet and savoury vinaigrette!


Start here

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

Bust out

Baking sheet, measuring spoons, zester, small bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
 Pork Tenderloin	340 g	680 g
Yellow Potato	360 g	720 g
Honey	1 tbsp	2 tbsp
Whole Grain Mustard	1 tbsp	2 tbsp
Thyme	7 g	7 g
Lemon	1	2
Green Beans	170 g	340 g
Red Onion	113 g	226 g
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.

Contact

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Roast potatoes

Strip **1 tbsp thyme leaves** (dbl for 4 ppl) from stems. Cut **potatoes** into 1-inch pieces. Add **potatoes, half the thyme** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt and pepper**, then toss to coat. Roast in the **middle** of the oven, stirring halfway through, until golden-brown, 25-28 min.



Make dressing

While **potatoes** roast, trim **green beans**. Peel, then cut **onion** into ¼-inch slices. Zest, then juice **lemon**. Whisk together **mustard, honey, remaining thyme, 1 tsp lemon zest, 2 tbsp lemon juice** and **1 tbsp oil** (dbl all for 4 ppl) in a small bowl. Set aside.



Cook pork

Pat **pork** dry with paper towels, then season with **salt and pepper**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **pork**. Pan-fry until golden-brown and cooked through, 6-8 min per side. ** Transfer **pork** to a plate and cover to keep warm. Set aside.



CUSTOM RECIPE

If you've opted to get **pork tenderloin**, cut it into 1-inch thick medallions. Pat dry with paper towels, then season with **salt and pepper**. Cook the **pork tenderloin medallions** in the same way the recipe instructs you to cook the **pork chops**.



Cook veggies

Add **1 tbsp oil** (dbl for 4 ppl) to the same pan, then **green beans and onions**. Season with **salt and pepper**. Cook, stirring occasionally, until **veggies** are tender-crisp, 4-6 min.



Dress veggies

Remove the pan from heat. Drizzle **1 tbsp dressing** (dbl for 4 ppl) over **veggies**, then stir to coat.



Finish and serve

Slice **pork**. Divide **pork, potatoes and veggies** between plates. Drizzle **remaining dressing** and any **remaining pork juices** from the plate over **pork**.

Dinner Solved!