



Lemon-Pepper Pork Chops

with Roasted Veggies and Savoury Pan Sauce

35 Minutes



Pork Chops, boneless



Chicken Breasts



Basmati Rice



Brussels Sprouts



Carrot



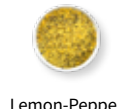
Lemon



Parsley



Cream Sauce Spice Blend



Lemon-Pepper Seasoning



Garlic Salt



Chicken Broth Concentrate

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 LEMON-PEPPER SEASONING

A peppery spice blend with zippy lemon and zesty garlic!

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, medium bowl, vegetable peeler, measuring spoons, zester, medium pot, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Chicken Breasts*	2	4
Basmati Rice	¾ cup	1 ½ cups
Brussels Sprouts	170 g	340 g
Carrot	170 g	340 g
Lemon	1	1
Parsley	7 g	14 g
Cream Sauce Spice Blend	1 tbsp	2 tbsp
Lemon-Pepper Seasoning	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Chicken Broth Concentrate	2	4
Butter**	2 tbsp	4 tbsp
Sugar**	1 tsp	2 tsp
Oil*		

* Pantry items

** Cook pork and chicken to minimum internal temperatures of 71°C/160°F and 74°C/165°F, respectively.

† 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.

Contact

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1



Prep and roast veggies

- Peel, then slice **carrot** into 1/8-inch rounds. Halve **Brussels sprouts**.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Add **carrots, Brussels sprouts, half the garlic salt, 1 tbsp (2 tbsp) oil, 1 tsp (2 tsp) sugar and 2 tsp (4 tsp) lemon juice** to an unlined baking sheet. Toss to combine.
- Roast in the **middle** of the oven, stirring halfway until tender and golden-brown, 16-20 min.

4



Prep sauce and start pork

- Heat a large non-stick pan over medium-high heat.
- While pan heats, pat **pork** dry with paper towels.
- Season **pork** all over with **Lemon-Pepper Seasoning**.
- When hot, add **1 tbsp (2 tbsp) butter**, then **pork**. Pan-fry until golden-brown, 3-4 min per side. (**NOTE:** It's okay if pork doesn't cook all the way through in this step.)

If you've opted to get **chicken breasts**, prepare and cook them in the same way the recipe instructs you to prepare and cook **pork**.**

2



Cook rice

- Meanwhile, add **remaining garlic salt, 1 tbsp (2 tbsp) butter** and **1 ¼ cups (2 ½ cups) water** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 14-16 min.
- Remove the pot from heat. Set aside, still covered.

5



Cook sauce and finish pork

- Add **sauce mixture** to the pan with **pork**, then flip to coat.
- Reduce heat to medium-low. Cook, flipping halfway, until **sauce** has thickened slightly and **pork** is cooked through, 2-3 min.**

3



Prep

- Meanwhile, roughly chop **parsley**.
- Whisk together **Cream Sauce Spice Blend, broth concentrates, half the parsley** and **½ cup (1 cup) water** in a medium bowl.

6



Finish and serve

- Fluff **rice** with a fork, then stir in **lemon zest** and **remaining parsley**.
- Thinly slice **pork**.
- Divide **rice, pork** and **veggies** between plates.
- Spoon **sauce** from pan over **pork**.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!