



# Lemon-Pepper Pork Chops

## with Roasted Veggies and Savoury Pan Sauce

35 Minutes

Customized Protein 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)



Pork Tenderloin 340 g   680 g	Tofu 1   2

Pork Chops, boneless 340 g   680 g	Basmati Rice ¾ cup   1 ½ cups

Green Beans 170 g   340 g	Carrot 1   2

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

**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.

Ingredient quantities	56 g	113 g
	2 person	4 person

Pantry items | Butter, sugar, oil

Cooking utensils | Baking sheet, medium bowl, vegetable peeler, measuring spoons, zester, medium pot, measuring cups, whisk, large non-stick pan, paper towels

1



### Prep and roast veggies

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Peel, then slice **carrot** into ½-inch half-moons.
- Trim **green beans**.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Add **carrots, green beans, 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-crisp and golden, 10-14 min.

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.

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.

4



### Prep sauce and start pork

Swap | Tofu

Swap | Pork Tenderloin

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **pork** dry with paper towels. Season all over with **Lemon-Pepper Seasoning**.
- When the pan is 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.)

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, 4-6 min.\*\*

6



### Finish and serve

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

Measurements within steps

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

## 4 | Prep sauce and start pork

Swap | Pork Tenderloin

If you've opted to get **pork tenderloin**, prepare and sear it in the same way the recipe instructs you to prepare and sear the **pork chops**. Increase sear time to 6-8 min. Add **sauce mixture**, then flip to coat. Increase cook time to 8-12 min.\*\*

## 4 | Prep sauce and start tofu

Swap | Tofu

If you've opted to get **tofu**, pat dry with paper towels. Cut in half, parallel to the cutting board. (**NOTE:** You will have 2 square tofu "steaks" per block.) Season in the same way the recipe instructs you to season the **pork chops**. Pan-fry until golden, 2-3 min per side, then cook and plate in the same way the recipe instructs you to cook and plate the **pork chops**.

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



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