



Maple-Ginger Pork Chops

with Broccolini and Sweet Potato Mash

Special Plus

40 Minutes



Pork Chops, bone-in



Sweet Potato



Broccolini



Shallot



Ginger



Almonds, sliced



White Cooking Wine



Maple Syrup



All-Purpose Flour



Chicken Broth Concentrate



Garlic Salt

HELLO BROCCOLINI

An elegant hybrid of broccoli and gai lan!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

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

Ginger Guide for Step 5:

- Mild: ½ tbsp (1 tbsp)
- Medium: 1 tbsp (2 tbsp)
- Extra: 1 ½ tbsp (3 tbsp)

Bust out

Baking sheet, vegetable peeler, colander, measuring spoons, potato masher, parchment paper, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, bone-in	2	4
Sweet Potato	340 g	680 g
Broccolini	170 g	340 g
Shallot	50 g	100 g
Ginger	30 g	30 g
Almonds, sliced	28 g	56 g
White Cooking Wine	4 tbsp	8 tbsp
Maple Syrup	1 tbsp	2 tbsp
All-Purpose Flour	½ tbsp	1 tbsp
Chicken Broth Concentrate	2	4
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

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 Toast almonds

- Heat a large non-stick pan over medium-high heat.
- When hot, add **almonds** to the dry pan. Toast, stirring often, until golden, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!)
- Transfer to a plate.



4 Cook pork and broccolini

- Heat the same pan (from step 1) over medium-high heat.
- While pan heats, pat **pork** dry with paper towels. Season with ½ **tsp** (1 tsp) **garlic salt** and **pepper**.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **pork**. Pan-fry until golden, 2-3 min per side, then transfer **pork** to other side of baking sheet with **broccolini**.
- Roast in the **middle** of the oven, flipping **veg** halfway through, until **broccolini** is lightly golden and **pork** is cooked through, 8-12 min.**



2 Start mash

- Peel, then cut **sweet potatoes** into ½-inch pieces.
- Add **sweet potatoes**, ½ **tsp salt** and **enough water** to cover (by approx. 1-2 inches) 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. Cover with a lid to keep warm.



5 Make sauce

- Reheat the same pan over medium.
- When hot, add 1 **tbsp** (2 tbsp) **butter**, then swirl the pan until melted, 30 sec.
- Add **shallots** and **ginger**. (**NOTE:** Reference ginger guide.) Cook, stirring often, until softened and golden, 1-2 min.
- Add **half the flour** (use all for 4 ppl), then stir to coat.
- Add **white wine**, **broth concentrates**, **half the maple syrup** and 2 **tbsp** (4 tbsp) **water**. Bring to simmer and cook until **sauce** thickens slightly, 1 min.
- Remove from heat, then stir in **any pork resting juices** from the baking sheet into **sauce**.



3 Prep

- Meanwhile, trim ends off **broccolini**, then cut **any larger stalks** in half lengthwise, leaving **thinner stalks** whole.
- Add **broccolini**, ¼ **tsp** (½ tsp) **garlic salt** and ½ **tbsp** (1 tbsp) **oil** to one side of a parchment lined baking sheet. Season with **pepper**, then toss to combine.
- Peel, then finely chop **shallot**.
- Peel, then mince or grate **ginger**.



6 Finish and serve

- Mash 1 **tbsp** (2 tbsp) **butter** into **potatoes** until creamy. Season with **salt** and **pepper**, to taste.
- Divide **pork**, **mash** and **broccolini** between plates.
- Sprinkle **almonds** over **mash** and **broccolini**.
- Spoon **pan sauce** over **pork**.

Dinner Solved!