

Mustard Pork Chops

with Roasted Green Beans and Potatoes

An easy and savoury pan sauce is the flavour booster in this pork chop recipe. Paired with roasted green beans and potatoes, it's the ultimate dinner!









Mini Yukon



Green Beans



Red Onion



Beef Broth Concentrate



Thyme



Ingredients		4 People
Pork Chops		1 pkg (680 g)
Mini Yukon Potatoes		2 pkg (680 g)
Green Beans, trimmed		2 pkg (340 g)
Red Onion, chopped		1 pkg (113 g)
Beef Broth Concentrate		2 pkg
Thyme		1 pkg (10 g)
Dijon Mustard	1) 2)	4 pkg (2 tbsp)
Olive or Canola Oil*		

Allergens

*Not Included

- 1) Sulphites/Sulfites
- 2) Mustard/Moutard

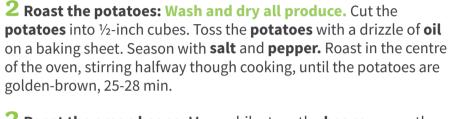
Tools

2 Baking Sheets, Large Pan, Measuring Spoons, Measuring Cups

Nutrition per person Calories: 458 cal | Fat: 12 g | Protein: 48 g | Carbs: 41 g | Fibre: 7 g | Sodium: 852 mg Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

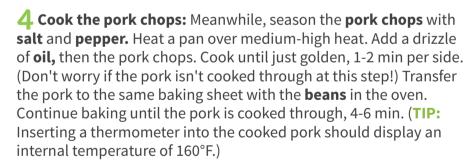


1 Preheat your oven to 450°F (to roast the green beans, potatoes and to finish the pork). Start prepping when your oven comes up to temperature!





3 Roast the green beans: Meanwhile, toss the beans on another baking sheet with a drizzle of oil. Season with salt and pepper. Roast in the centre of the oven until the beans are golden, 13-15 min.





5 Make the sauce: Meanwhile, strip **1** tbsp thyme leaves from the stems. Add a drizzle of **oil** to the same pan. Add the **onion** and **thyme.** Cook until the onion softens, 4-5 min. Stir in the **mustard**, **broth concentrates** and ½ **cup water**. Cook for 1 min.



6 Finish and serve: Thinly slice the pork and serve with the green beans and roasted potatoes. Drizzle with the pan sauce. Enjoy!