



APR
2017

Pan-Seared Pork Chops

with Rosemary Tomato-Grape Salsa, Sweet Potatoes and Roasted Broccolini

Don't limit salsa to just tomatoes! Play with different combinations of fruit, onions and herbs for endless possibilities! Our combination of grapes, tomato, rosemary and shallot pairs perfectly with juicy pork chops and sweet potato. You'll be hooked!

 Prep
30 min



Pork Chops



Red Grapes



Grape Tomatoes



Rosemary



Shallot



Sweet Potatoes



Broccolini

Ingredients

Pork Chops	2 pkg (680 g)
Red Grapes	1 pkg (227 g)
Rosemary	1 pkg (10 g)
Grape Tomatoes	1 pkg (113 g)
Shallot	1
Sweet Potato, cubed	1 pkg (680 g)
Broccolini	340 g
Olive or Canola Oil*	

4 People

*Not Included

Allergens

None

Tools

Baking Sheet, Large Pan, Medium Bowl, Measuring Spoons

Nutrition per person Calories: 455 cal | Fat: 7 g | Protein: 43 g | Carbs: 58 g | Fibre: 7 g | Sodium: 562 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ruler

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2



1 Preheat your oven to 400°F (to roast the broccolini and sweet potatoes). Start prepping when your oven comes up to temperature!

3



2 Prep and roast the veggies: Wash and dry all produce. Trim and discard the bottom 1-inch from the ends of the **broccolini**. Strip the **rosemary leaves** off the sprig and finely chop **1 tbsp**. Toss the broccolini on one side of a baking sheet with a large drizzle of **oil**. Toss the **potatoes** on the other side of the baking sheet with **half the rosemary** and a drizzle of **oil**. Season with **salt** and **pepper**. Bake in the centre of the oven, stirring halfway through cooking, until broccolini just turns golden brown and crisp, 15-18 min.

5



3 Meanwhile, finely chop the **shallot**. Halve or quarter the **grapes** and **grape tomatoes**. (**TIP:** Easily halve grapes and tomatoes by placing them between two rimmed lids – like from a plastic food container – then slice through the middle with a serrated knife!)

6



4 Make the tomato-grape salsa: Heat a large pan over medium-high heat. Add a drizzle of **oil**, then the **shallot** and **remaining rosemary**. Cook, stirring, until the shallot is golden-brown, 3-4 min. Transfer the mixture to a medium bowl and stir in the **tomatoes** and **grapes**. Season with **salt** and **pepper**.

5 Cook the pork chops: Season the **pork chops** with **salt** and **pepper**. Heat another drizzle of **oil** in the same pan. Add the **pork** to the pan and cook until desired doneness, 4-6 min per side. (**TIP:** Inserting a thermometer into the cooked pork should display an internal temperature of 160°F.)

6 Finish and serve: Serve the **pork chops** with the **sweet potatoes** and **broccolini**. Top the pork with the **tomato-grape salsa** and enjoy!

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