



Parmesan-Crusted Pork Chops

with Roasted Potatoes and Buttery Veggies

Family Friendly

30-40 Minutes



Pork Chops,
boneless



Italian Breadcrumbs



Carrot



Sugar Snap Peas



Russet Potato



Mayonnaise



Parmesan Cheese,
grated



Lemon-Pepper
Seasoning

HELLO PARMESAN-CRUSTED PORK

Skip the deep-frying with our baked version of this classic!

Start here

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

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

Bust out

2 Baking sheets, vegetable peeler, measuring spoons, rolling pin, shallow dish, parchment paper, measuring cups, large non-stick pan, paper towels, plastic wrap

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Italian Breadcrumbs	¼ cup	½ cup
Carrot	170 g	340 g
Sugar Snap Peas	113 g	227 g
Russet Potato	460 g	920 g
Mayonnaise	2 tbsp	4 tbsp
Parmesan Cheese, grated	½ cup	1 cup
Lemon-Pepper Seasoning	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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

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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Prep and cook potatoes

- Peel, then cut **potatoes** into ½-inch pieces.
- Add **potatoes**, **½ tbsp** (1 tbsp) **Lemon-Pepper Seasoning** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with ½ tbsp Lemon-Pepper Seasoning and 1 tbsp oil per sheet.) Season with **salt**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 25-28 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)



Prep

- Meanwhile, peel, then cut **carrot** into ¼-inch half-moons.
- Trim **sugar snap peas**.



Coat pork

- Meanwhile, combine **breadcrumbs** and **Parmesan** in a shallow dish.
- Pat **pork** dry with paper towels.
- Cover **each pork chop** with plastic wrap.
- Using a mallet, rolling pin or heavy-bottomed pan, carefully pound **each pork chop** until ½-inch thick.
- Season with **salt** and **pepper**.
- Coat **pork** all over with **mayo**.
- Working with **one piece of pork** at a time, firmly press both sides into **breadcrumb mixture** to coat completely.



Cook veggies

- Carefully wipe the pan clean.
- Heat the pan over medium-high heat.
- When hot, add **carrots** and **¼ cup** (½ cup) **water** to the pan. Cover and cook, until **carrots** begin to soften, 2-3 min.
- Add **peas**, **1 tbsp** (2 tbsp) **butter** and **1 ½ tsp** (3 tsp) **Lemon-Pepper Seasoning** to the pan. Cook uncovered, stirring occasionally, until **veggies** are tender-crisp and water has evaporated, 3-4 min. Season with **salt**, to taste.



Cook pork

- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp oil**, then **pork**. (**NOTE:** Don't overcrowd the pan. Cook in batches for 4 ppl, using 1 tbsp oil per batch.)
- Pan-fry until golden-brown, 3-4 min per side.
- Transfer **pork** to a parchment-lined baking sheet.
- Roast in the **top** of the oven until cooked through, 4-6 min. **



Finish and serve

- Divide **roasted potatoes**, **Parmesan-crusted pork chops** and **veggies** between plates.

Dinner Solved!