



# Pineapple-Apricot Pork Chops

with Rosemary-Parmesan Potatoes and Snap Peas

Special Plus 40 Minutes



Pork Chops, bone-in



Garlic Powder



Apricot Spread



Soy Sauce



Dijon Mustard



Gravy Spice Blend



Pineapple



Sugar Snap Peas



Rosemary



Sous Vide Potatoes



Parmesan Cheese, shredded

## HELLO APRICOT SPREAD

Tart, sweet and perfect for sauces and dressings!

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust out

Baking sheet, medium bowl, colander, measuring spoons, medium pot, measuring cups, whisk, medium pot, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Pork Chops, bone-in	2	4
Garlic Powder	1 tsp	2 tsp
Apricot Spread	4 tbsp	8 tbsp
Soy Sauce	½ tbsp	1 tbsp
Dijon Mustard	1 ½ tsp	3 tsp
Gravy Spice Blend	1 tbsp	2 tbsp
Pineapple	95 g	190 g
Sugar Snap Peas	227 g	454 g
Rosemary	1 sprig	2 sprig
Sous Vide Potatoes	280 g	560 g
Parmesan Cheese, shredded	¼ cup	½ cup
Unsalted Butter*	3 ½ tbsp	7 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

Call or email us | (855) 272-7002  
HelloFresh.ca

    @HelloFreshCA



### Boil potatoes

- Add **5 cups water** (8 cups for 4 ppl) and **2 tsp salt** (use same for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, strip **rosemary leaves** from stem. Add **rosemary stem** to the pot. Keep **leaves** for step 2.
- Add **potatoes** to the **boiling water**. Cook uncovered until **potatoes** are warmed through, 3-4 min.
- Drain **potatoes** in a colander and set aside.



### Cook snap peas

- Meanwhile, carefully wipe the same pan clean, then heat over medium.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl until melted.
- Add **snap peas**. Cover and cook, stirring occasionally, until tender-crisp, 4-5 min.
- Sprinkle **remaining garlic powder** over top. Season with **salt** and **pepper**, to taste. Cook, stirring often, until fragrant, 30 sec.
- Transfer **snap peas** to a plate, then cover to keep warm.



### Prep

- Meanwhile, finely chop **rosemary leaves**.
- Trim **snap peas**.
- Cut **pineapple** into ¼-inch pieces.
- Whisk together **apricot spread, Dijon, soy sauce, half the Gravy Spice Blend** (use all for 4 ppl) and **½ cup water** (dbl for 4 ppl) in a medium bowl. (**NOTE:** This is your apricot mixture.)



### Make pineapple-apricot sauce

- Meanwhile, heat a medium pot over medium heat.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then **pineapple**. Cook, stirring occasionally, until warmed through, 30 sec.
- Add **apricot mixture**. Bring to a simmer.
- Once simmering, cook, stirring occasionally, until **sauce** thickens slightly, 2-3 min. Season with **salt** and **pepper**, to taste. (**TIP:** Stir in any pork juices from the baking sheet!)
- Remove the pot from heat. Cover to keep warm.
- Meanwhile, heat the same pan over medium-high.



### Cook pork

- Heat a large non-stick pan over medium-high heat.
- Meanwhile, pat **pork** dry with paper towels. Season with **salt, pepper** and **half the garlic powder**.
- When the pan is hot, add **½ tbsp oil** (dbl for 4 ppl), then **pork**. Pan-fry until golden-brown, 1-2 min per side.
- Remove the pan from heat. Transfer **pork** to an unlined baking sheet.
- Roast in the **top** of the oven until cooked through, 10-12 min.\*\*



### Finish and serve

- When the pan is hot, add **1 ½ tbsp butter** (dbl for 4 ppl), then swirl until melted.
- Add **potatoes**. Cook, stirring occasionally, until golden-brown, 3-4 min.
- Add **chopped rosemary**. Season with **salt** and **pepper**, to taste, then stir until fragrant, 30 sec.
- Sprinkle **Parmesan** over **potatoes**. Cook, stirring occasionally, until **Parmesan** melts, 1-2 min.
- Divide **potatoes, pork** and **snap peas** between plates.
- Spoon **pineapple-apricot sauce** over **pork**.

## Dinner Solved!