



# Pineapple-Apricot Pork Chops


## with Rosemary-Parmesan Potatoes and Snap Peas

Special Plus 40 Minutes

↗ Custom Recipe + Add ↻ Swap or ×2 Double












If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

↻ Swap



Chicken Breasts +  
2 | 4



-  Pork Chops, bone-in  
2 | 4
-  Zesty Garlic Blend  
1 tbsp | 2 tbsp
-  Apricot Spread  
4 tbsp | 8 tbsp
-  Soy Sauce  
1/2 tsp | 1 tbsp
-  Dijon Mustard  
1 1/2 tsp | 3 tsp
-  Gravy Spice Blend  
1 tbsp | 2 tbsp
-  Pineapple  
95 g | 190 g
-  Sugar Snap Peas  
227 g | 454 g
-  Dried Rosemary  
1/2 tsp | 1 tsp
-  Red Potato  
7 | 14
-  Parmesan Cheese, shredded  
1/4 cup | 1/2 cup

**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.

1



### Boil potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Quarter **potatoes** lengthwise.
- Add **potatoes, 2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium-high. Boil uncovered until just fork-tender, 10-11 min.
- Drain **potatoes** in a colander and set aside.

2



### Prep

- Meanwhile, 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 (¾ cup) **water** in a medium bowl. (**NOTE:** This is your apricot sauce mixture.)

3



### Cook pork

- ◉ Swap | **Chicken Breasts**
- Heat a large non-stick pan over medium-high heat.
- Meanwhile, pat **pork** dry with paper towels. Season with **2 tsp** (4 tsp) **Zesty Garlic Blend**.
- When the pan is hot, add ½ **tbsp** (1 tbsp) **oil**, then **pork**.
- Pan-fry until golden-brown, 1-2 min per side. Remove from heat.
- Transfer to an unlined baking sheet.
- Roast in the **top** of the oven until cooked through, 10-12 min.\*\*

4



### Cook snap peas

- Meanwhile, return the same pan to medium.
- Add **1 tbsp** (1 ½ tbsp) **butter**, then swirl until melted.
- Add **snap peas**. Season with **remaining Zesty Garlic Blend**.
- Cover and cook, stirring occasionally, until tender-crisp, 4-5 min. Season with **salt** and **pepper**, to taste.
- Transfer **snap peas** to a plate, then cover to keep warm.
- Return the pan to medium-high.

5



### Make pineapple-apricot sauce

- While **snap peas** cook, heat a small pot over medium heat.
- When hot, add **1 tbsp** (1 ½ tbsp) **butter**, then **pineapple**. Cook, stirring occasionally, until warmed through, 30 sec-1 min.
- Add **apricot sauce 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 resting juices from the baking sheet for added flavour!)
- Remove from heat. Cover to keep warm.

6



### Finish and serve

- Add **1 tbsp** (2 tbsp) **butter** to the hot pan (from step 4), then swirl until melted.
- Add **potatoes** and ½ **tsp** (1 tsp) **rosemary**. Season with **salt** and **pepper**.
- Cook, stirring occasionally, until golden-brown, 3-4 min.
- 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**.

### 3 | Cook pork

◉ Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, prepare, and sear them in the same way the recipe instructs you to prepare, and sear the **pork chops**, then increase roast time to 12-14 min.\*\*



Issue with your meal? Scan the QR code to share your feedback.

\*\* Cook pork and poultry to minimum internal temperatures of 71°C/160°F and 74°C/165°F, respectively.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.