

Pork Chop Milanese

with Penne

35 Minutes



Pork Chops,
boneless



Mayonnaise



Italian Breadcrumbs



Crushed Tomatoes
with Garlic and Onion



Mozzarella Cheese,
shredded



Penne



Baby Spinach



Sweet Bell Pepper

HELLO ITALIAN BREADCRUMBS

These herby breadcrumbs make for a perfect savoury crust!

Start here

- Before starting, preheat the broiler to high.
- Add 10 cups water and 2 tsp salt to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Wash and dry all produce.

Bust out

Baking sheet, colander, measuring spoons, shallow dish, aluminum foil, measuring cups, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Mayonnaise	2 tbsp	4 tbsp
Italian Breadcrumbs	¼ cup	½ cup
Crushed Tomatoes with Garlic and Onion	370 ml	740 ml
Mozzarella Cheese, shredded	¾ cup	1 ½ cups
Penne	170 g	340 g
Baby Spinach	56 g	113 g
Sweet Bell Pepper	160 g	320 g
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.

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Prep

Core, then cut **pepper** into ¼-inch pieces. Add **breadcrumbs** to a shallow dish. Pat **pork** dry with paper towels. Carefully slice into the centre of **each pork chop**, parallel to the cutting board, leaving ½-inch intact on the other end. Open up **pork** like a book. Season both sides with **salt** and **pepper**. Coat **each pork chop** all over with **mayo**. Working with **one pork chop** at a time, press both sides into **breadcrumbs** to coat completely.



Finish pork

Spoon ½ **cup crushed tomatoes** (dbl for 4 ppl) over **pork**, then sprinkle with **half the cheese**. Broil in the **middle** of the oven until **cheese** is golden-brown and **pork** is cooked through, 4-6 min.**



Pan-fry pork

Heat a large non-stick pan over medium heat. When hot, add **2 tbsp oil**, then **pork**. Pan-fry until golden-brown, 3-4 min per side. (**NOTE:** For 4 ppl, pan-fry pork in batches, using 2 tbsp oil per batch.) Transfer **pork** to a foil-lined baking sheet. (**NOTE:** The pork will finish cooking in step 4.) Carefully wipe the pan clean.



Make sauce

While **pork** broils, heat the same pan (from step 2) over medium-high. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **peppers**. Season with **salt** and **pepper**. Cook, stirring often, until **peppers** soften slightly, 2-3 min. Reduce heat to medium, then stir in **reserved pasta water** and **remaining crushed tomatoes**. Cook, stirring occasionally, until **sauce** thickens slightly, 2-3 min. Season with **salt** and **pepper**, to taste.



Cook penne

While **pork** pan-fries, add **penne** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min. Reserve ¼ **cup pasta water** (dbl for 4 ppl), then drain and return **penne** to the same pot, off heat.



Finish and serve

Add **sauce** and **spinach** to the pot with **penne**, then stir to combine. Divide **penne** and **pork** between plates. Sprinkle **remaining cheese** over **penne**.

Dinner Solved!