



Pork Chops with Creamy Chive Sauce

with Cauliflower Mash and Garlicky Bok Choy

Keto Special

30 Minutes



Double Pork Chops, bone-in
4 | 8

↗ Custom Recipe + Add ↻ Swap or *2 Double

If you chose to double 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)



- Pork Chops, bone-in
2 | 4
- Green Onion
2 | 4
- Cauliflower, florets
285 g | 570 g
- Garlic, cloves
2 | 4
- Chives
7 g | 14 g
- Cream
237 ml | 474 ml
- Dijon Mustard
1 1/2 tsp | 3 tsp
- White Cheddar Cheese, shredded
1/2 cup | 1 cup
- Shanghai Bok Choy
1 | 2

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.

Pantry items | Unsalted butter*, salt*, pepper*, oil*

Cooking utensils | Colander, medium non-stick pan, measuring spoons, potato masher, aluminum foil, medium pot, measuring cups, large non-stick pan, paper towels

1



Prep

- Before starting, wash and dry all produce.

- Thinly slice **green onions**.
- Peel, then mince or grate **garlic**.
- Cut **bok choy** into 1-inch pieces.
- Thinly slice **chives**.

2



Cook cauliflower

- Add **cauliflower** and **enough water** to cover (by approx. 1 inch) to a medium pot (use same for 4 ppl).
- Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min.
- Drain and return **cauliflower** to the same pot, off heat. Cover to keep warm.
- Set aside.

3



Cook pork

×2 Double | **Pork Chops, bone-in**

- Meanwhile, pat **pork** dry with paper towels. Season with **salt** and **pepper**.
- Heat a large non-stick pan over medium heat.
- When hot, add $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil**, then **pork**.
- Pan-fry until golden-brown and cooked through, 6-8 min per side.**
- Transfer **pork** to a plate. Cover with foil to keep warm.
- Carefully wipe the pan clean.

4



Make sauce

- Reheat the same pan over medium.
- When hot, add **1 tbsp** (2 **tbps**) **butter**, then **green onions**, **chives**, **Dijon** and $\frac{3}{4}$ **cup** (1 $\frac{1}{4}$ **cups**) **cream**. Season with **salt** and **pepper**.
- Cook, stirring often, until **sauce** thickens slightly, 2-3 min.

5



Cook bok choy

- Meanwhile, heat a medium non-stick pan over medium-high heat.
- When hot, add $\frac{1}{2}$ **tbsp** (1 **tbps**) **oil**, then **bok choy**.
- Cook, stirring occasionally, until tender-crisp, 2-3 min.
- Add **garlic**. Cook, stirring often, until fragrant, 1-2 min.
- Season with **salt** and **pepper**.

6



Finish and serve

- Add **cheese**, **1 tbsp** (2 **tbps**) **butter** and **remaining cream** to the pot with **cauliflower**.
- Using a potato masher, mash until creamy.
- Thinly slice **pork**.
- Divide **pork**, **cauliflower mash** and **garlicky bok choy** between plates.
- Spoon **creamy chive sauce** over **pork**.

Measurements
within steps

1 tbsp (2 **tbps**) **oil**
2 person 4 person Ingredient

3 | Cook pork

×2 Double | **Pork Chops, bone-in**

If you've opted for **double pork chops**, prepare, cook and plate it in the same way the recipe instructs you to prepare and cook the **regular portion of pork chops**. Work in batches, if necessary.

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



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