

Roasted Pork Chops in Apple Apricot Sauce

with Sugar Snap Peas and Butter Rice

25 minutes



Tart, sweet and perfect for sauces and dressings!

Start here

- Before starting, preheat the oven to 425°F.
- Add 1 ¼ water and ¼ tsp salt (dbl both for 4 ppl) and to a medium pot. Cover and bring to a boil over high heat.
- Wash and dry all produce.

Bust out

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

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Gala Apple	1	2
Onion, sliced	56 g	113 g
Apricot Spread	2 tbsp	4 tbsp
Chicken Broth Concentrate	2	4
Parboiled Rice	¾ cup	1 ½ cups
Sugar Snap Peas	113 g	227 g
Garlic Salt	½ tsp	1 tsp
Unsalted Butter*	3 tbsp	6 tbsp
Oil*		
Calt and Dennart		

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 us | (855) 272-7002 HelloFresh.ca



Cook rice

• Add **rice** to the **boiling water**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 15-18 min.

• Remove the pot from heat, then set aside, still covered.



Prep and cook pork

• Meanwhile, pat **pork** dry with paper towels.

- Season with 1/4 **tsp garlic salt** (dbl for 4 ppl) and **pepper**.
- Heat a large non-stick pan over mediumhigh heat.
- When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **pork**. Pan-fry until golden, 2-3 min per side.
- Arrange **pork** on an unlined baking sheet.

Make apple-apricot sauce

Add 1 tbsp butter (dbl for 4 ppl) to the same

pan, then swirl the pan until melted, 1 min.

Add apples. Cook, stirring occasionally,

Add apricot spread, broth concentrates

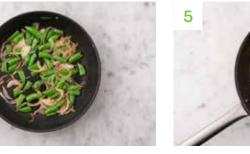
often, until sauce thickens slightly, 3-4 min.

Season with salt and pepper, to taste.

and ¼ cup water (dbl for 4 ppl). Cook, stirring

until softened, 2-3 min.

• Roast in the **middle** of the oven until cooked through, 8-12 min.**



Cook veggies

• Heat the same pan (from step 2) over medium.

- When hot add ½ **tbsp oil** (dbl for 4 ppl), then **onions** and **snap peas**. Cook, stirring often, until tender-crisp, 3-4 min.
- Season with ¼ **tsp garlic salt** (dbl for 4 ppl) and **pepper**.
- Transfer **veggies** to a medium bowl, then cover to keep warm.





Finish and serve

• Thinly slice **pork**.

3

- Fluff **rice** with fork, then stir in **2 tbsp butter** (dbl for 4 ppl).
- Divide **rice** and **veggies** between plates.
- Top rice with pork.
- Top pork with apple-apricot sauce.
- **Dinner Solved!**

2