



Roasted Pork Chops in Apple Apricot Sauce

with Sugar Snap Peas and Butter Rice

25 minutes



Pork Chops,
boneless



Gala Apple



Onion, sliced



Apricot Spread



Chicken Broth
Concentrate



Parboiled Rice



Sugar Snap Peas



Garlic Salt



Scan the QR code to
download our app.

HELLO APRICOT SPREAD

Tart, sweet and perfect for sauces and dressings!

Start here

- Before starting, preheat the oven to 425°F.
- Add 1 ¼ water and ½ 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*		
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

    @HelloFreshCA



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.



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.



Prep and cook pork

- Meanwhile, pat **pork** dry with paper towels.
- Season with ¼ **tsp garlic salt** (dbl for 4 ppl) and **pepper**.
- Heat a large non-stick pan over medium-high 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.
- Roast in the **middle** of the oven until cooked through, 8-12 min.**



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, until softened, 2-3 min.
- Add **apricot spread, broth concentrates** and ¼ **cup water** (dbl for 4 ppl). Cook, stirring often, until **sauce** thickens slightly, 3-4 min.
- Season with **salt** and **pepper**, to taste.



Prep

- Meanwhile, core, then cut **apple** into ¼-inch pieces.
- Trim, then halve **snap peas**.



Finish and serve

- Thinly slice **pork**.
- 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!