



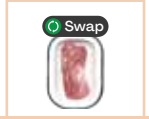
Rosemary Pork Chops in Apple Apricot Sauce

with Sugar Snap Peas and Butter Rice

25 Minutes

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Pork Tenderloin
340 g | 640 g



Pork Chops, boneless
340 g | 680 g



Gala Apple
1 | 2



Onion, sliced
56 g | 113 g



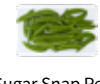
Apricot Spread
2 tbsp | 4 tbsp



Chicken Broth Concentrate
2 | 4



Parboiled Rice
¼ cup | 1 ½ cup



Sugar Snap Peas
113 g | 227 g



Garlic Salt
½ tsp | 1 tsp



Rosemary
1 sprig | 2 sprig

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 | Oil*, unsalted butter*, salt*, pepper*

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

1



Cook rice

- Before starting, preheat the oven to 425°F.
 - Add 1 ¼ cups (2 ½ cups) water and ½ tsp (¼ tsp) salt and to a medium pot.
 - Cover and bring to a boil over high heat.
 - Wash and dry all produce.
- Add **half the chicken broth concentrate** and **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.

2



Prep and cook pork

[Swap](#) | [Pork Tenderloin](#)

- Meanwhile, strip a few **rosemary leaves** from stems, then finely chop **2 tsp** (4 tsp).
- Pat **pork** dry with paper towels.
- Sprinkle over **rosemary**. Season with ¼ **tsp** (½ tsp) **garlic salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add ½ **tbsp** (1 **tbsp**) **oil**, 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.**

3



Prep

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

4



Cook veggies

- Heat the same pan (from step 2) over medium.
- When the pan is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **onions** and **snap peas**. Cook, stirring often, until tender-crisp, 3-4 min.
- Season with ¼ **tsp** (½ tsp) **garlic salt** and **pepper**.
- Transfer **veggies** to a medium bowl, then cover to keep warm.

5



Make apple-apricot sauce

- Add 1 **tbsp** (2 **tbsp**) **butter** to the same pan, then swirl until melted, 1 min.
- Add **apples**. Cook, stirring occasionally, until softened, 2-3 min.
- Add **apricot spread**, **broth concentrates** and ¼ **cup** (½ cup) **water**. Cook, stirring often, until **sauce** thickens slightly, 3-4 min.
- Season with **salt** and **pepper**, to taste.

6



Finish and serve

- Thinly slice **pork**.
- Fluff **rice** with fork, then stir in **2 tbsp** (4 **tbsp**) **butter**.
- Divide **rice** and **veggies** between plates.
- Top **rice** with **pork**.
- Top **pork** with **apple-apricot sauce**.

Measurements
within steps

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

2 | Prep and cook pork

[Swap](#) | [Pork Tenderloin](#)

If you've opted to get **pork tenderloin**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **pork chops**, increasing sear time to 6-8 min, then increasing roast time to 14-18-min.**

** 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.