



# Saucy Maple-Mustard Pork Chops

with Cheesy Mash, Carrots and Peas

Family Friendly

30 Minutes



Pork Chops,  
boneless



Maple Syrup



Dijon Mustard



Chicken Broth  
Concentrate



Russet Potato



Cheddar Cheese,  
shredded



Baby Spinach



Carrot, chopped



Green Peas



Onion, chopped



BBQ Seasoning



Cornstarch

HELLO DIJON MUSTARD

*A style of prepared mustard originating from, you guessed it, Dijon, France!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust out

2 Baking sheets, vegetable peeler, measuring spoons, potato masher, strainer, aluminum foil, measuring cups, large pot, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Maple Syrup	2 tbsp	4 tbsp
Dijon Mustard	1 tbsp	2 tbsp
Chicken Broth Concentrate	1	2
Russet Potato	460 g	920 g
Cheddar Cheese, shredded	½ cup	1 cup
Baby Spinach	28 g	56 g
Carrot, chopped	113 g	227 g
Green Peas	56 g	113 g
Onion, chopped	56 g	113 g
BBQ Seasoning	½ tbsp	1 tbsp
Cornstarch	½ tbsp	1 tbsp
Unsalted Butter*	3 tbsp	6 tbsp
Milk*	2 tbsp	4 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.*

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## Cook potatoes

Peel, then cut **potatoes** into 1-inch pieces. Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large 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 **potatoes** to the same pot, off heat.



## Make maple-mustard sauce

While **pork** and **veggies** roast, heat the same pan (from step 2) over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until **onions** are tender, 3-4 min. Season with **salt** and **pepper**. Add **maple syrup**, **broth concentrate**, **½ tbsp cornstarch** and **½ cup water** (dbl both for 4 ppl) to the pan. Stir to combine. Cook, stirring often, until **sauce** thickens slightly, 2-3 min. Stir in **Dijon**. Remove from heat.



## Cook pork

While **water** comes to a boil, pat **pork** dry with paper towels. Season **salt** and **pepper**, then sprinkle with **half the BBQ seasoning** (use all for 4 ppl). Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **pork**. Pan-fry until golden, 2-3 min per side, then transfer to an unlined baking sheet. Roast in the **middle** of the oven until cooked through, 10-12 min.\*\*



## Mash potatoes

Finely chop **spinach**. Mash **spinach**, **cheese**, **2 tbsp butter** and **2 tbsp milk** (dbl both for 4 ppl) into **potatoes** until creamy. Season with **salt** and **pepper**, to taste.



## Cook veggies

While **pork** pan-fries, cut a 14x12-inch piece of foil. Arrange **carrots** and **peas** on one side of the foil rectangle. Top with **1 tbsp butter** (dbl for 4 ppl). Season with **salt** and **pepper**. Fold foil in half over **veggies** and pinch to seal pouch. Place pouch on another unlined baking sheet. Roast in the **top** of the oven, until **veggies** are tender-crisp, 8-10 min.



## Finish and serve

Carefully open the **foil pouch**. Divide **cheesy mash**, **pork** and **veggies** between plates. Pour **maple-mustard sauce** over **pork**.

## Dinner Solved!