



Seared Southwest Pork Chops with Wedges and Broccoli

35 Minutes



Pork Chops,
boneless



Pork Tenderloin



Russet Potato



Broccoli, florets



Shallot



Southwest Spice
Blend



BBQ Sauce



Chicken Salt



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO BBQ SAUCE

This sweet and smoky sauce adds depth to grilled and roasted dishes!

Start here

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

Bust out

Baking sheet, measuring spoons, parchment paper, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Pork Tenderloin	340 g	680 g
Russet Potato	460 g	920 g
Broccoli, florets	227 g	454 g
Shallot	50 g	100 g
Southwest Spice Blend	1 tbsp	2 tbsp
BBQ Sauce	4 tbsp	8 tbsp
Chicken Salt	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 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

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Prep wedges

Cut **potatoes** into ½-inch **wedges**. Add **potatoes** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with **chicken salt** and **pepper**, then toss to coat.



Roast wedges

Roast **wedges** in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 25-28 min. (**NOTE:** For 4 ppl, roast in the middle and top of the oven, rotating sheets halfway through.)



Prep pork

While **wedges** roast, pat **pork** dry with paper towels. Season with **Southwest Spice Blend**, **salt** and **pepper**.



CUSTOM RECIPE

If you've opted to get **pork tenderloin**, season it the same way the recipe instructs you to season the **pork chops**. To cook the **tenderloin**, sear for 1-2 min per side, then roast until cooked through, 12-16 min.



Cook pork

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 brown, 1-2 min per side. Remove the pan from heat. Carefully remove the baking sheet with **wedges** from the oven, then push **wedges** to one side of the sheet. Transfer **pork** to the other side of the sheet. Spread **BBQ sauce** over tops of **pork**. Roast in the **middle** of the oven until **pork** is cooked through, 8-11 min. ** Transfer **pork** to a plate to rest, 2-3 min.



Cook broccoli and shallots

While **pork** and **wedges** roast, cut **broccoli** into bite-sized pieces. Peel, then cut **shallot** into ¼-inch slices. Heat the same pan over medium. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **shallots**. Cook, stirring often, until **shallots** soften, 2-3 min. Add **broccoli** and **3 tbsp water** (dbl for 4 ppl). Cook, stirring occasionally, until **broccoli** begins to soften, 3-4 min. Add **1 tbsp butter** (dbl for 4 ppl). Cook, stirring often, until **broccoli** and **shallots** are tender-crisp, 4-5 min. Season with **salt** and **pepper**.



Finish and serve

Thinly slice **pork**. Divide **pork**, any **sauce** from the baking sheet, **wedges** and **broccoli** between plates.

Dinner Solved!