



Smart Creamy Honey-Mustard Pork

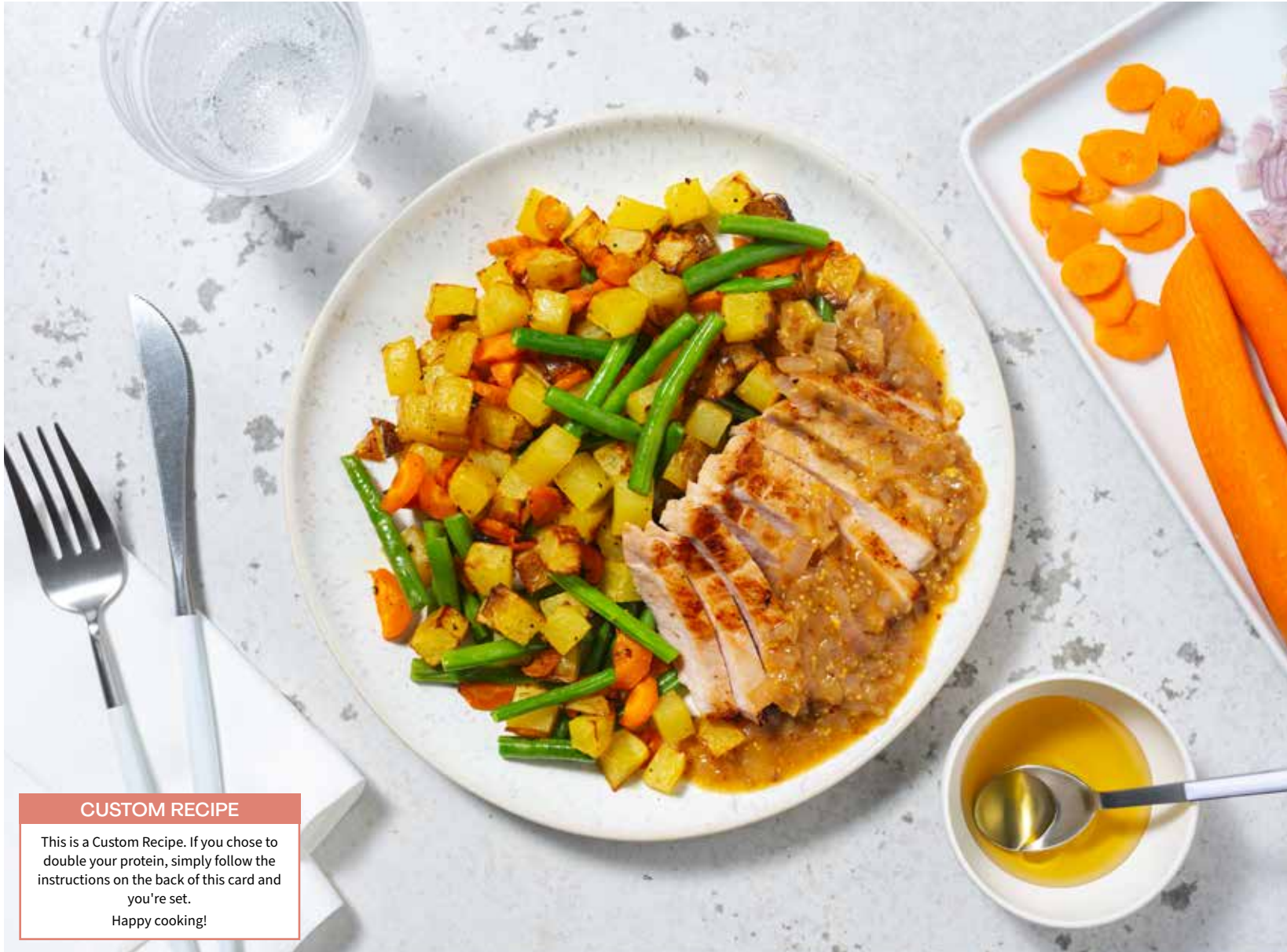
with Sheet Pan Veggie Medley

Carb Smart

35 Minutes



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CUSTOM RECIPE

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

Happy cooking!



Pork Chops, boneless



Russet Potato



Carrot



Chicken Broth Concentrate



Honey



Garlic Salt



Double Pork Chops, boneless



Green Beans



Shallot



Cream Sauce Spice Blend



Whole Grain Mustard

HELLO WHOLE GRAIN MUSTARD

Canada is among the world's top producers of mustard seeds!

Start here

- Before starting, preheat the oven to 425 °F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

2 Baking sheets, vegetable peeler, measuring spoon, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Double Pork Chops, boneless	680 g	1360 g
Russet Potato	230 g	460 g
Green Beans	170 g	340 g
Carrot	170 g	340 g
Shallot	50 g	100 g
Chicken Broth Concentrate	1	2
Cream Sauce Spice Blend	½ tbsp	1 tbsp
Honey	1 tbsp	2 tbsp
Whole Grain Mustard	½ tbsp	1 tbsp
Garlic Salt	1 tsp	2 tsp
Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F.

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.



Prep

- Peel, then cut **shallot** into ¼-inch pieces.
- Trim **green beans**, then cut in half.
- Cut **potatoes** into ½-inch pieces.
- Peel, then halve **carrot** lengthwise. Cut into ¼-inch half-moons.



Roast veggies

- Add **potatoes, carrots, half the garlic salt** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with **pepper**, then toss to coat.
- Roast in the **middle** of the oven, until tender-crisp, 10-12 min. (**NOTE:** For 4 ppl, roast in the top and middle of the oven, rotating sheets halfway through.)
- Remove **veggies** from the oven. Stir in **green beans**. Continue roasting, until tender and golden-brown, 12-14 min.



Cook pork

- Meanwhile, pat **pork chops** dry with paper towels, then season with **remaining garlic salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **pork**. Sear, flipping once, until golden-brown, 1-2 min per side.
- Transfer to another unlined baking sheet.
- Roast in the **bottom** of the oven until cooked through, 8-10 min.**
- Discard any fat in the pan.

If you've opted for **double pork chops**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **pork chops**. Work in batches, if necessary.



Rest pork and start sauce

- Once **pork** has cooked through, transfer to a plate to rest, 3-4 min.
- While **pork** rests, reheat the same pan over medium.
- When hot, add **1 tbsp** (2 **tbsp**) **butter**. Swirl pan until melted, 30 sec.
- Add **shallots**. Cook, stirring occasionally, until softened, 2-3 min.



Finish sauce

- Sprinkle **half the Cream Sauce Spice Blend** (use all for 4 ppl). Stir to coat.
- Add **honey, broth concentrate, half the mustard** (use all for 4 ppl), ½ **cup** (1 **cup**) **water** and **any pork juices** from the plate.
- Bring to a gentle simmer over high, scraping up **any bits** that stick to the bottom of the pan. Season with **salt** and **pepper**.



Finish and serve

- Thinly slice **pork**.
- Divide **veggies** between plates.
- Top with **sliced pork**.
- Spoon **creamy honey-mustard sauce** over **pork**.



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Dinner Solved!