

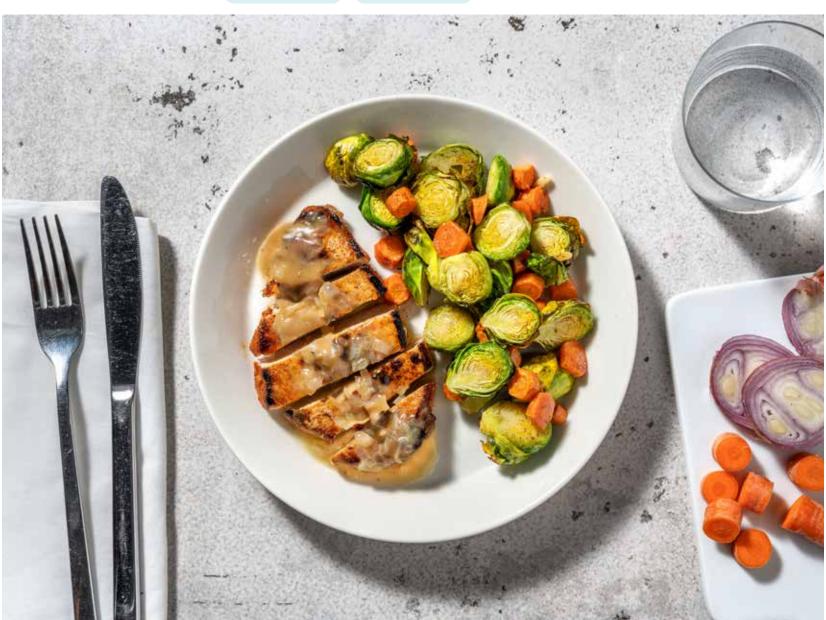
Smart Paprika-Rubbed Pork Chops

with Garlic Roasted Veggies

Carb Smart

Carb Smart

30 Minutes







Chicken Stock



Cream Sauce Spice Blend







Garlic Powder





Carrot



Smoked Paprika

Start here

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

Measurements , 1 tbsp , (2 tbsp), oil within steps Ingredient

Bust out

2 Baking sheets, vegetable peeler, measuring spoons, parchment paper, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

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	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Cream Sauce Spice Blend	1 tbsp	2 tbsp
Chicken Stock Powder	1 tbsp	2 tbsp
Shallot	50 g	100 g
Garlic Powder	1 tsp	2 tsp
Brussels Sprouts	170 g	340 g
Carrot	170 g	340 g
Smoked Paprika	1 tsp	2 tsp
Unsalted Butter*	1 ½ tbsp	3 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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Roast veggies

- Peel, then cut carrot into 1/4-inch rounds.
- Halve any Brussels sprouts larger than 1 inch.
- Add carrots, Brussels sprouts, half the garlic powder, half the stock powder, 2 tbsp (4 tbsp) water and 1 tbsp (2 tbsp) oil to a parchment lined-baking sheet. Season with **pepper**, then toss to coat.
- Roast in the **middle** of the oven, stirring halfway through, until veggies are tender, 18-22 min.



Prep

- Meanwhile, peel, then cut shallot into 1/4-inch pieces.
- Heat a large non-stick pan over mediumhigh heat.
- While the pan heats, pat pork dry with paper towels. Season with salt, pepper, paprika and remaining garlic powder.



Cook pork

- When the pan is hot, add ½ tbsp (1 tbsp) **butter**, then swirl the pan to melt.
- Add pork. Pan-fry until golden-brown, 1-2 min per side.
- Remove the pan from heat, then transfer **pork** to an unlined baking sheet.
- Roast pork in the top of the oven until cooked through, 8-10 min.**
- Carefully wipe the pan clean.



Make shallot gravy

- · Return the same pan to medium.
- When hot, add 1 tbsp (2 tbsp) butter, then swirl the pan until melted.
- Add shallots. Cook, stirring occasionally, until golden-brown, 2-3 min.
- Sprinkle Cream Sauce Spice Blend into the pan. Cook, stirring constantly, until combined, 30 sec.
- Gradually whisk in 34 cup (1 ½ cups) water and remaining stock powder. Cook, whisking occasionally, until gravy comes to a simmer.
- Simmer gravy, whisking occasionally, until thickened slightly, 1-2 min.
- Remove the pan from heat.



- Add any pork drippings from the baking sheet to the pan with gravy, then season with pepper, to taste.
- Thinly slice pork.



Finish and serve

- Divide pork and veggies between plates.
- Spoon shallot gravy over pork.

Dinner Solved!