



Smart Pork Chops and Apricot Sauce

with Roasted Potatoes and Brussels Sprouts

Calorie Smart

Carb Smart

30 Minutes



Pork Chops, boneless



Russet Potato



Brussels Sprouts



Seasoned Salt



Whole Grain Mustard



Garlic Powder



Chicken Broth Concentrate



Apricot Spread



Chives

HELLO BRUSSELS SPROUTS

Brussels sprouts belong to the same family as cabbage!

Start here

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

Bust out

2 Baking sheets, measuring spoons, parchment paper, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Russet Potato	230 g	460 g
Brussels Sprouts	227 g	454 g
Seasoned Salt	½ tbsp	1 tbsp
Whole Grain Mustard	1 tbsp	2 tbsp
Garlic Powder	1 tsp	2 tsp
Chicken Broth Concentrate	1	2
Apricot Spread	2 tbsp	4 tbsp
Chives	7 g	14 g
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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Roast veggies

- Cut **potato** into ½-inch pieces.
- Halve **Brussels sprouts** (if larger, quarter them).
- Add **potatoes, Brussels sprouts** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **pepper** and **seasoned salt**, then toss to coat.
- Roast in the **middle** of the oven, stirring halfway through, until tender, 22-25 min.



Cook apricot sauce

- When **pork** is almost done, add **apricot mixture** to the same pan (from step 2).
- Return the pan to medium-high. Bring **sauce** to a simmer.
- Once simmering, cook, stirring often, until **sauce** thickens slightly, 2-3 min. Season with **salt** and **pepper**, to taste.
- Remove the pan from heat. Add **any pork juices** from the baking sheet and **1 tbsp butter** (dbl for 4 ppl), then stir until melted.



Cook pork

- Meanwhile, heat a large non-stick pan over medium-high heat.
- Meanwhile, pat **pork** dry with paper towels. Season with **half the garlic powder, salt** and **pepper**.
- When the pan is hot, add **½ tbsp oil** (dbl for 4 ppl), then **pork**. Pan-fry until golden, 1-2 min per side.
- Remove the pan from heat. Transfer **pork** to an unlined baking sheet.
- Roast in the **top** of the oven until cooked through, 8-10 min.**



Finish pork

- Thinly slice **pork**.



Finish prep

- Meanwhile, thinly slice **chives**.
- Combine **broth concentrate, apricot spread, mustard, remaining garlic powder** and **¼ cup water** (dbl for 4 ppl) in a small bowl.



Finish and serve

- Divide **veggies** and **pork** between plates.
- Spoon **apricot sauce** over **pork**.
- Sprinkle **chives** over top.

Dinner Solved!