



# Smart Seasoned Pork Chops and Shallot Gravy with Garlic Veggies

Calorie Smart

Carb Smart

30 Minutes



Pork Chops, boneless



Gravy Spice Blend



Chicken Broth Concentrate



Shallot



Sugar Snap Peas



Garlic, cloves



Carrot



Seasoned Salt



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HELLO SEASONED SALT

*A savoury seasoning salt with herbs and spices to give an extra kick of flavour!*

## Start here

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

## Bust out

Baking sheet, vegetable peeler, measuring spoons, measuring cups, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Gravy Spice Blend	2 tbsp	4 tbsp
Chicken Broth Concentrate	1	2
Shallot	50 g	100 g
Sugar Snap Peas	113 g	227 g
Garlic, cloves	2	4
Carrot	170 g	340 g
Seasoned Salt	1 tsp	2 tsp
Unsalted Butter*	3 tbsp	6 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

- Trim, then halve **snap peas**.
- Peel, then cut **carrot** into ¼-inch rounds.
- Peel, then cut **shallot** into ¼-inch pieces.
- Peel, then mince or grate **garlic**.



## Make shallot gravy

- Return the same pan to medium.
- When hot, add **2 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted.
- Add **shallots**. Cook, stirring occasionally, until softened, 3-4 min.
- Add **remaining garlic** and sprinkle **Gravy Spice Blend** into the pan. Cook, stirring constantly, until fragrant, 30 sec.
- Gradually whisk in **¾ cup water** and **broth concentrate**. Cook, whisking occasionally, until **sauce** comes to a simmer.
- Simmer, whisking occasionally, until **sauce** thickens slightly, 1-2 min.
- Remove the pan from heat.



## Cook pork

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **pork** dry with paper towels. Season with **1 tsp seasoned salt** (dbl for 4 ppl) and **pepper**.
- When the pan is 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, then transfer **pork** to an unlined baking sheet.
- Roast **pork** in the **top** of the oven until cooked through, 8-10 min.\*\*



## Finish gravy and slice pork

- Add **any pork drippings** from the baking sheet to the pan with **shallot gravy**. Season with **salt** and **pepper**, to taste, then stir to combine.
- Thinly slice **pork**.



## Cook veggies

- While **pork** roasts, return the same pan to medium-high.
- When hot, add **carrots** and **¼ cup water** (dbl for 4 ppl). Season with **salt**. Simmer, stirring occasionally, until **carrots** soften slightly and **liquid** is absorbed, 4-5 min.
- Add **snap peas** and **1 tbsp butter** (dbl for 4 ppl). Season with **salt** and **pepper**. Cook, stirring occasionally, until **veggies** are tender-crisp, 3-4 min.
- Add **half the garlic**. Cook, stirring often, until fragrant, 30 sec.
- Transfer **veggies** to a plate, then cover to keep warm.



## Finish and serve

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

## Dinner Solved!