

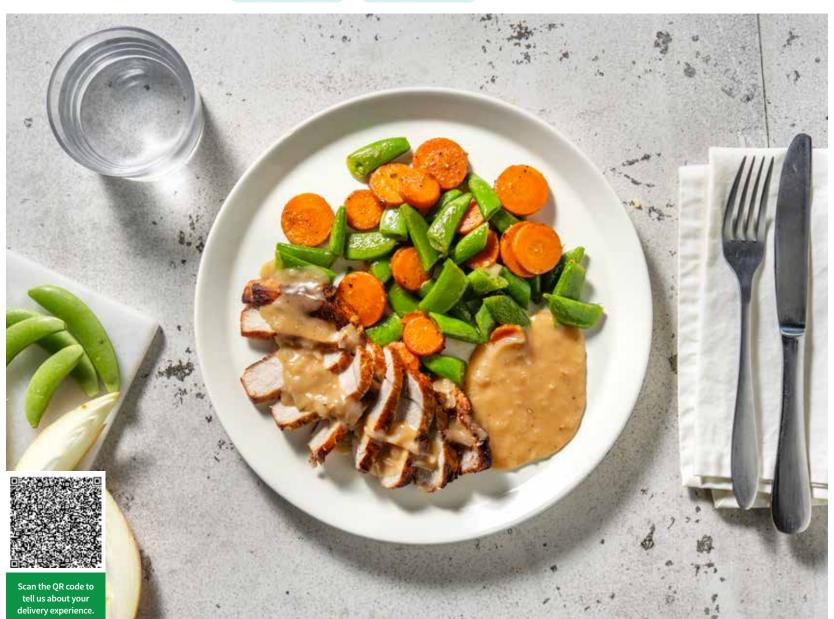
# Smart Seasoned Pork Chops and Shallot Gravy

with Garlic Veggies

Calorie Smart

Carb Smart

30 Minutes





boneless





Chicken Broth



Shallot

Garlic, cloves



Concentrate



Sugar Snap Peas





Carrot



Seasoned Salt

## Start here

- Before starting, preheat the oven to
- 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.



#### Prep

- Trim, then halve snap peas.
- Peel, then cut carrot into ¼-inch rounds.
- Peel, then cut **shallot** into 1/4-inch pieces.
- Peel, then mince or grate garlic.



# Cook pork

- Heat a large non-stick pan over medium-high
- 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 1/2 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.\*\*



# Cook veggies

- While **pork** roasts, return the same pan to medium-high.
- When hot, add carrots and 1/4 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 tendercrisp, 3-4 min.
- Add half the garlic. Cook, stirring often, until fragrant, 30 sec.
- Transfer veggies to a plate, then cover to keep warm.



### Make shallot gravu

- · 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.



### 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.



### Finish and serve

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

**Dinner Solved!** 

### Contact

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