



# Southern-Style Smothered Pork Chops

with Mashed Sweet Potatoes and Broccoli

35 Minutes



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Pork Chops,  
boneless



Sweet Potato



Broccoli, florets



Yellow Onion



Garlic, cloves



Gravy Spice Blend



Chicken Broth  
Concentrate



Garlic Salt



Sour Cream

HELLO GARLIC

*Garlic varies in flavour from punchy and peppery when raw, to mild and sweet when roasted!*

## 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

Baking sheet, vegetable peeler, colander, measuring spoons, potato masher, measuring cups, large pot, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Sweet Potato	340 g	680 g
Broccoli, florets	227 g	454 g
Yellow Onion	56 g	113 g
Garlic, cloves	2	4
Gravy Spice Blend	2 tbsp	4 tbsp
Chicken Broth Concentrate	1	2
Garlic Salt	1 tsp	2 tsp
Sour Cream	3 tbsp	6 tbsp
Unsalted Butter*	2 tbsp	4 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

- Cut **broccoli** into bite-sized pieces.
- Peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl).
- Peel, then mince or grate **garlic**.



### Cook sweet potatoes

- Peel, then cut **sweet potatoes** into 1-inch pieces.
- Add **sweet potatoes, 2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min.



### Cook pork

- Meanwhile, pat **pork** dry with paper towels. Season with **half the garlic salt** and **pepper**.
- Heat a large non-stick pan over medium heat.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **pork**. Pan-fry until golden, 2-3 min per side.
- Transfer **pork** to an unlined baking sheet.
- Roast in the **middle** of the oven until cooked through, 8-10 min.\*\*



### Cook broccoli

- Meanwhile, reheat the same pan over medium.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **broccoli** and **2 tbsp** (4 tbsp) **water**. Season with **remaining garlic salt** and **pepper**. Cook, stirring occasionally, until **broccoli** is tender-crisp, 4-5 min.
- Add **half the garlic**. Cook, stirring often, until fragrant, 30 sec.
- Transfer **broccoli** to a plate, then cover to keep warm.



### Make gravy

- Heat the same pan over medium.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **onions** and **remaining garlic**. Cook, stirring occasionally, until softened, 2-3 min.
- Sprinkle **Gravy Spice Blend** over **onions**. Cook, stirring often, until coated, 1 min.
- Add ¾ **cup** (1 ½ cups) **water** and **broth concentrate**. Bring to a gentle boil. Cook, stirring often, until **gravy** thickens slightly, 2-3 min.
- Season with **salt** and **pepper**, to taste.



### Finish and serve

- When **sweet potatoes** are fork-tender, drain and return to the same pot, off heat.
- Roughly mash **sour cream** and **1 tbsp** (2 tbsp) **butter** into **sweet potatoes** until smooth. Season with **salt** and **pepper**, to taste.
- Thinly slice **pork**.
- Divide **pork, mashed sweet potatoes** and **broccoli** between plates.
- Spoon **gravy** over **pork**.



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Dinner Solved!