



Southern-Style Smothered Pork Chops

with Smashed Potatoes and Broccoli

35 Minutes



Issue with your meal?
Scan the QR code to
share your feedback.



Pork Chops,
boneless



Double Pork Chops,
boneless



Yellow Potato



Broccoli, florets



Yellow Onion



Garlic, cloves



Gravy Spice Blend



Chicken Broth
Concentrate



Garlic Salt



Sour Cream

CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

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, 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
Double Pork Chops, boneless	680 g	1760 g
Yellow Potato	350 g	700 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 potatoes

- Cut **potatoes** into 1-inch pieces.
- Add **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.**

If you've opted for **double pork**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **pork**. Work in batches, if necessary.



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

Dinner Solved!



Issue with your meal?
Scan the QR code to
share your feedback.