

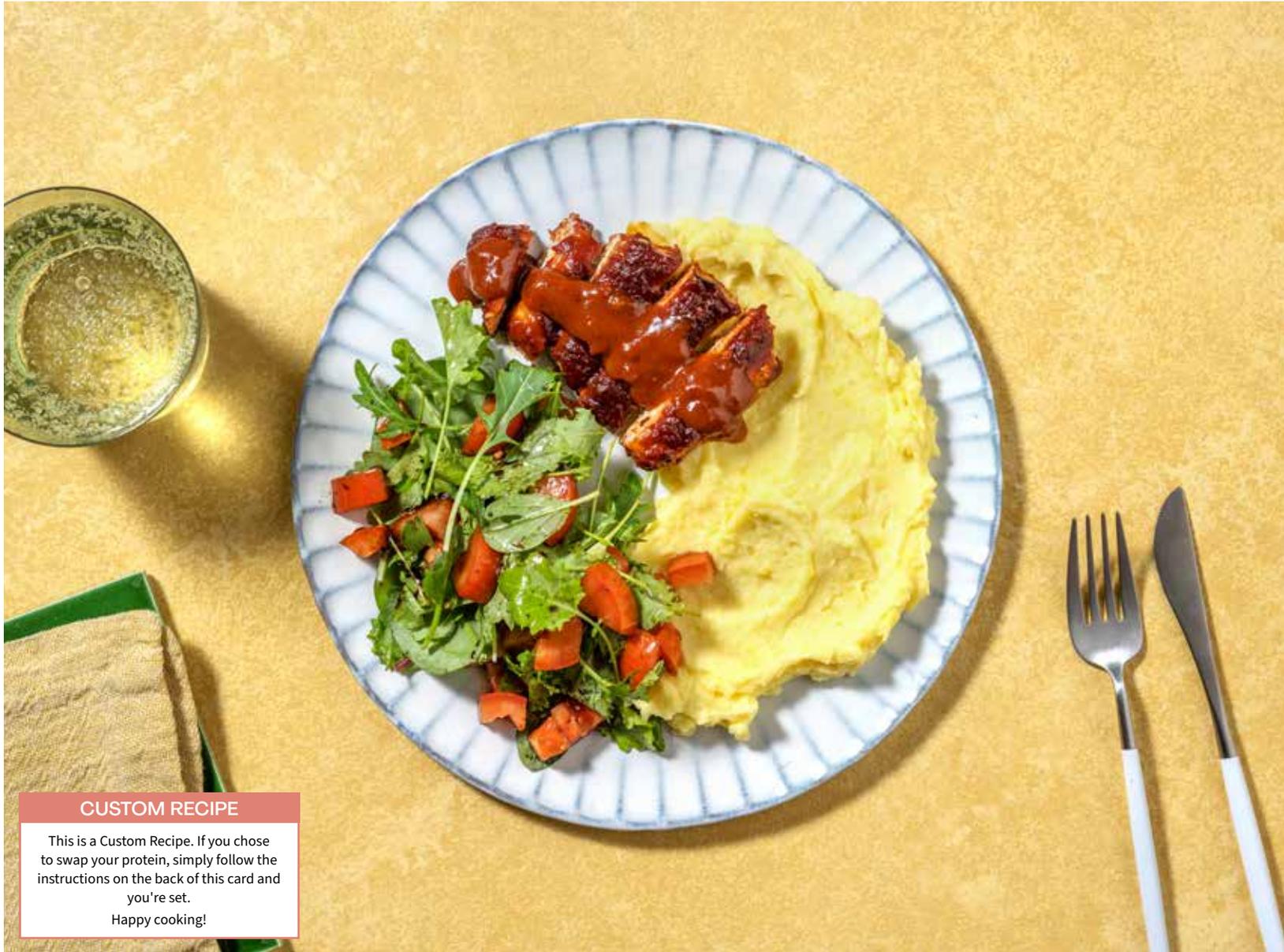


Sweet 'n' Savoury Baked Pork Chops with Mashed Potatoes and Salad

Family Friendly 30-40 Minutes



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Pork Chops,
boneless



Chicken Breasts



Worcestershire Sauce



Sweet Chili Sauce



Tomato Sauce Base



Yellow Potato



Dijon Mustard



Balsamic Glaze



Spring Mix



Roma Tomato



Salad Topping Mix



Garlic Salt

CUSTOM RECIPE

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

Happy cooking!

HELLO WORCESTERSHIRE SAUCE

This condiment gives food an alluring je ne sais quoi!

Start here

- Before starting, preheat the oven to 450°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, large bowl, parchment paper, small bowl, whisk, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Chicken Breasts ♦	2	4
Worcestershire Sauce	1 tbsp	2 tbsp
Sweet Chili Sauce 🍷	2 tbsp	4 tbsp
Tomato Sauce Base	4 tbsp	8 tbsp
Yellow Potato	350 g	700 g
Dijon Mustard	1 ½ tsp	3 tsp
Balsamic Glaze	2 tbsp	4 tbsp
Spring Mix	56 g	113 g
Roma Tomato	190 g	380 g
Salad Topping Mix	28 g	56 g
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	2 ½ tbsp	5 tbsp
Milk*	3 tbsp	6 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook pork and chicken to minimum internal temperatures of 71°C/160°F and 74°C/165°F, respectively.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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.

1



Cook potatoes

- Peel, then 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-high. Simmer uncovered, until fork-tender, 10-12 min.
- Drain and return **potatoes** to the same pot, off heat.
- Mash **2 tbsp** (4 tbsp) **butter** and **3 tbsp** (6 tbsp) **milk** into **potatoes** until creamy.

4



Prep and make vinaigrette

- Meanwhile, cut **tomato** into ½-inch pieces.
- Add **remaining balsamic glaze** and **1 ½ tbsp** (2 ½ tbsp) **oil** to a large bowl.
- Season with **salt** and **pepper**, to taste, then whisk to combine.

2



Sear pork and mix sauce

- Meanwhile, heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **pork** dry with paper towels, then season with **pepper** and **half the garlic salt**.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **pork**. Pan-fry until golden-brown, 1-2 min per side.
- Meanwhile, whisk together **tomato sauce base**, **sweet chili sauce**, **Worcestershire sauce**, **Dijon** and **half the balsamic glaze** in a small bowl.
- Remove the pan from heat, then transfer **pork** to a parchment-lined baking sheet.

If you've opted to get **chicken breasts**, prepare and sear them in the same way the recipe instructs you to prepare and sear **pork chops**, then increase roast time to 10-12 min.**

5



Make salad

- When **pork** is almost done, add **spring mix** and **tomatoes** to the bowl with **vinaigrette**. Toss to combine.

3



Cook sauce and roast pork

- Add **sauce** to the same pan, then bring to a simmer over medium.
- Once simmering, add **½ tbsp** (1 tbsp) **butter**. Cook, stirring often, until **sauce** thickens slightly, 30 sec-1 min. Season with **salt** and **pepper**, to taste.
- Transfer **half the sauce** back to the same small bowl. Set aside.
- Add **pork** to the pan with **remaining sauce**, then flip to coat.
- Transfer **pork** back to the same parchment-lined baking sheet. Spoon **any remaining sauce** from the pan over **pork**.
- Roast in the **top** of the oven until cooked through, 8-10 min.**

6



Finish and serve

- Thinly slice **pork**.
- Season **mashed potatoes** with **pepper** and **remaining garlic salt**, to taste.
- Divide **mashed potatoes**, **pork** and **salad** between plates.
- Sprinkle **salad topping mix** over **salad**.
- Serve **reserved sauce** on the side for dipping.

Dinner Solved!



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