



# Pork Chops and Mushroom-Sour Cream Sauce with Roasted Green Beans

35 Minutes

Customized Protein

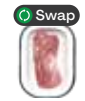
+ Add

Swap

or

\*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Pork Tenderloin  
340g | 680g



Tofu  
1 | 2



Pork Chops, boneless  
340g | 680g



Mushrooms  
113g | 227g



Green Beans  
170g | 340g



Sour Cream  
3 tbsp | 6 tbsp



Shallot  
1 | 2



Russet Potato  
2 | 4



Chicken Broth Concentrate  
1 | 2



Cream Sauce Spice Blend  
1 tbsp | 2 tbsp



Montreal Spice Blend  
½ tbsp | 1 tbsp



**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.

**Pantry items** | Unsalted butter, pepper, salt

**Cooking utensils** | Baking sheet, vegetable peeler, colander, measuring spoons, potato masher, small bowl, measuring cups, whisk, large pot, large non-stick pan, paper towels

1



### Cook and mash potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Peel, then cut **potatoes** into 1-inch pieces.
- Combine **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) in 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.
- Reserve **½ cup potato water**, then drain and return **potatoes** to the same pot, off heat.
- Mash **2 tbsp** (4 tbsp) **butter** into **potatoes** until **creamy**. Mash in **1 tbsp reserved potato water** at a time for a softer texture, if desired. Season with **salt** and **pepper**.

4



### Cook mushrooms and shallots

- Meanwhile, return the same pan to medium.
- Add **1 tbsp** (2 tbsp) **butter**, then swirl the pan to melt.
- Add **mushrooms** and **shallots**. Cook, stirring occasionally, until softened slightly, 3-4 min. Season with **salt** and **pepper**.
- Sprinkle **Cream Sauce Spice Blend** over the pan. Cook, stirring constantly, until combined, 30 sec.

2



### Prep and parboil green beans

- Meanwhile, trim **green beans**.
- Thinly slice **mushrooms**.
- Heat a large non-stick pan over medium-high heat.
- While the pan heats, peel, then cut **shallot** into ¼-inch pieces.
- When the pan is hot, add **green beans**, **3 tbsp** (¼ cup) **water** and **1 tbsp** (1 ½ tbsp) **butter**. Season with **salt** and **pepper**.
- Cook, stirring occasionally, until water evaporates, 2-3 min.
- When done, transfer **green beans** to one side of an unlined baking sheet.

5



### Finish mushroom-sour cream sauce

- Add **broth concentrate** to the pan with **mushrooms**. Gradually stir in **½ cup** (¾ cup) **water** until combined.
- Bring to a simmer on medium-high.
- Cook, stirring occasionally, until **sauce** thickens slightly, 2-3 min.
- While **sauce** simmers, add **sour cream** to a small bowl. Whisk in **2 tbsp** (4 tbsp) **sauce** from the pan until smooth.
- Remove from heat, then whisk in **sour cream mixture** until smooth. Season with **salt** and **pepper**, to taste.

3



### Sear pork

🔄 Swap | **Pork Tenderloin**

🔄 Swap | **Tofu**

- While **green beans** cook, pat **pork chops** dry with paper towels. Season with **salt** and **half the Montreal Spice Blend** (use all for 4 ppl).
- After transferring **green beans** to the baking sheet, return the same pan to medium-high.
- Add **1 tbsp oil** (use same for 4 ppl), then **pork**. Sear until golden-brown, 1-2 min per side.
- Transfer **pork** to the baking sheet, next to **green beans**.
- Roast in the **top** of the oven, until **green beans** are tender and **pork** is cooked through, 8-10 min.\*\*

6



### Finish and serve

🔄 Swap | **Tofu**

- Thinly slice **pork chops**.
- Divide **pork**, **roasted green beans** and **mash** between plates.
- Spoon **mushroom-sour cream sauce** over **pork** and **mash**.

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

### 3 | Sear pork tenderloin

🔄 Swap | **Pork Tenderloin**

If you've opted to get **pork tenderloin**, prepare and sear it in the same way the recipe instructs you to prepare and sear the **pork chops**. Increase sear time to 6-8 min, then increase the roast time to 14-18-min.\*\*

### 3 | Sear tofu

🔄 Swap | **Tofu**

If you've opted to get **tofu**, transfer **green beans** to an unlined baking sheet. Roast in the **top** of the oven, until **green beans** are tender 8-10 min. Meanwhile, pat **tofu** dry with paper towels. Cut in half, parallel to the cutting board. (**NOTE:** You will have 2 square tofu "steaks" per block.) Season and cook in the same way as the **pork chops**, increasing searing time to 2-3 min per side. Transfer **tofu** to a plate. Cover to keep warm.

### 6 | Finish and serve

🔄 Swap | **Tofu**

Plate **tofu** in the same way the recipe instructs you to plate the **pork chops**.

\*\* Cook to a minimum internal temperature of 71°C/160°F, as size may vary.



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