



SEP
2016

Dukkah-Crusted Pork Chops

with Mashed Potatoes and Lemony Greens

Dukkah, pronounced DOO-kah, is an Egyptian spice blend with almonds, sesame seeds, coriander, and cumin. It can be served as a dip with bread and olive oil or sprinkled on everything from roasted vegetables to fish. In this recipe, our chefs combined the spice with herbs and lemon zest for an irresistibly nutty crust on pork chops.



Prep: 10 min
Total: 30 min



level 1



gluten
free



Pork
Chops



Yukon
Potatoes



Arugula



Garlic



Lemon



Mint



Parsley



Dukkah



Sour
Cream

Ingredients

	2 People	4 People
Pork Chops	12 oz	24 oz
Yukon Potatoes	12 oz	24 oz
Arugula	2 oz	4 oz
Garlic	2 Cloves	4 Cloves
Lemon	1	2
Mint	¼ oz	¼ oz
Parsley	¼ oz	¼ oz
Dukkah	1) 3 T	6 T
Sour Cream	2) 3 T	6 T
Butter*	2) ½ T	1 T
Oil*	2 T	4 T

*Not Included

Allergens

1) Tree Nuts

1) Milk

Tools

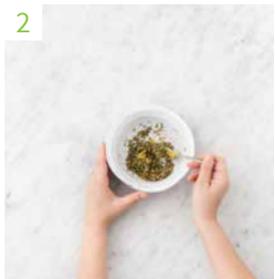
Zester, Medium pot, Strainer, Small bowl, Baking sheet, Masher, Medium bowl

Nutrition per person Calories: 594 cal | Fat: 31 g | Sat. Fat: 10 g | Protein: 45 g | Carbs: 37 g | Sugar: 5 g | Sodium: 138 mg | Fiber: 8 g



1

1 Prep and boil the potatoes: Wash and dry all produce. Preheat the oven to 400 degrees. Mince or grate the **garlic**. Zest and halve the **lemon**. Pick the **mint leaves** from the stems. Finely chop both the **mint** and **parsley**. Cut the **potatoes** into 1-inch cubes. Place in a medium pot with a large pinch of **salt** and enough water to cover them. Bring to a boil and cook about 15 minutes, until fork-tender. Drain and return to the same pot.



2

2 Make the dukkah rub: In a small bowl, combine the **mint, parsley, garlic, lemon zest, dukkah,** and **1 Tablespoon oil**. Season with **salt** and **pepper**.



3

3 Cook the pork: Season the **pork chops** on all sides with **salt** and **pepper**. Place on a lightly oiled baking sheet, and top with an even layer of the **dukkah rub**. Place in the oven for 12-15 minutes, until the pork is cooked through.



4

4 Mash the potatoes: Mash the drained **potatoes** with a fork or potato masher until smooth. Incorporate **3 Tablespoons sour cream,** **½ Tablespoon butter,** a drizzle of **oil,** and a large pinch of **salt** and **pepper**. Cover to keep warm.

5 Toss the salad: Toss the **arugula** in a medium bowl with a drizzle of **oil,** a squeeze of **lemon,** and a pinch of **salt** and **pepper**.

6 Plate: Serve the **dukkah-crusted pork chops** on a bed of **mashed potatoes** alongside the **lemony greens**. Enjoy!

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