



ROSEMARY DEMI-GLACE PORK CHOPS

with Roasted Carrots & Parsnips

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Carrots



6 oz | 12 oz
Parsnips



1 | 2
Red Onion



10 oz | 20 oz
Pork Chops



¼ oz | ¼ oz
Rosemary



1 | 2
Chicken
Demi-Glace
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

2 PERSON | 4 PERSON

If you chose a different protein or veggie when placing your order, follow the **HelloCustom** instructions on the flip side of this card to learn how to modify your meal.



10 oz | 20 oz
Chicken Cutlets

Calories: 510



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 540



HELLO

ROSEMARY

This versatile herb has a distinctively piney flavor, adding aromatic depth to a savory pan sauce.

WE'RE BIASED, BUT...

Why do we instruct you to slice the carrots and parsnips on a diagonal in step 1? This knife technique, called a bias cut, maximizes surface area so the veggies get extra-caramelized in the oven. Another bonus? The presentation—we love the look of those angled slices!

BUST OUT

- Peeler
- Baking sheet
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (4 tsp | 4 tsp)
- Butter (1 TBSP | 2 TBSP)

Contains: Milk

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*Pork is fully cooked when internal temperature reaches 145°.

🔄 *Chicken is fully cooked when internal temperature reaches 165°.



1 PREP & ROAST VEGGIES

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Trim, peel, and cut **parsnips** on a diagonal into ½-inch-thick pieces. Halve, peel, and cut **onion** into ½-inch-thick wedges; mince a few wedges until you have 1 TBSP (2 TBSP for 4 servings).
- Toss carrots, parsnips, and **onion wedges** on a baking sheet with a **large drizzle of oil, salt, and pepper.**
- Roast on top rack until golden brown and tender, 25-30 minutes.



3 MAKE SAUCE

- Heat a **drizzle of oil** in pan used for pork over medium heat. Add **minced onion** and **chopped rosemary**. Cook, stirring often, until onion is softened, 2-3 minutes.
- Add **demi-glace** and **¼ cup water** (½ cup for 4 servings). Bring to a simmer and cook until slightly thickened, 3-4 minutes.
- Turn off heat and stir in **1 TBSP butter** (2 TBSP for 4) until melted.



2 COOK PORK

- Meanwhile, pat **pork*** dry with paper towels. Season with **salt** and **pepper.**
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add pork and cook until browned and cooked through, 4-6 minutes per side.
- Turn off heat; transfer pork to a cutting board. Wipe out pan.
- Meanwhile, strip **rosemary leaves** from stems; finely chop leaves until you have 2 tsp (3 tsp for 4 servings).

🔄 Swap in **chicken*** for pork; cook 3-5 minutes per side.



4 FINISH & SERVE

- Slice **pork** crosswise.
- Divide pork and **veggies** between plates. Top pork with **sauce** and serve.

WK 20-3