



# Smart Sweet 'n' Smoky Pork Chops with Peppers and Potato-Cauli Mash

Carb Smart

Calorie Smart

30 Minutes



Pork Chops,  
boneless



Smoked Paprika-  
Garlic Blend



Tomato Sauce Base



Worcestershire  
Sauce



Sweet Chili Sauce



Sweet Bell Pepper



Cauliflower, florets



Russet Potato



Parsley

HELLO WORCESTERSHIRE SAUCE

*This condiment gives food a savoury je ne sais quoi!*

## Start here

Before starting, wash and dry all produce.

### Bust out

Vegetable peeler, 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
Smoked Paprika-Garlic Blend	1 tbsp	2 tbsp
Tomato Sauce Base	4 tbsp	8 tbsp
Worcestershire Sauce	1 tbsp	2 tbsp
Sweet Chili Sauce	2 tbsp	4 tbsp
Sweet Bell Pepper	160 g	320 g
Cauliflower, florets	285 g	570 g
Russet Potato	230 g	460 g
Parsley	7 g	14 g
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F.

### 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.*

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### Cook potatoes and cauliflower

Peel, then cut **potatoes** into 1-inch pieces. Cut **cauliflower** into bite-sized pieces. Add **potatoes, cauliflower, 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. Drain and return **potatoes** and **cauliflower** to the same pot, off heat. Mash **2 tbsp butter** (dbl for 4 ppl) into **potatoes** until creamy. Season with **salt** and **pepper**, to taste.



### Cook peppers

To the same pan, add **2 tsp oil** (dbl for 4 ppl), then **peppers**. Cook, stirring occasionally, until tender-crisp, 3-4 min. Season with **salt, pepper** and **remaining Smoked Paprika-Garlic Blend**. Cook, stirring often, until fragrant, 30 sec. Add **tomato sauce base, Worcestershire sauce, sweet chili sauce** and **¾ cup water** (dbl for 4 ppl). Cook, stirring occasionally, until **sauce** comes to a simmer.



### Prep

Meanwhile, core, then cut **pepper** into ¼-inch slices. Roughly chop **parsley**.



### Finish pork

Once simmering, return **pork** to the pan. Reduce heat to medium. Cover and cook, flipping **pork** halfway through, until **sauce** thickens slightly and **pork** is cooked through, 3-4 min per side. \*\* Season with **salt** and **pepper**, to taste.



### Cook pork

Heat a large non-stick pan over medium-high heat. While the pan heats, pat **pork** dry with paper towels. Season with **salt, pepper** and **half the Smoked Paprika-Garlic Spice Blend**. When the pan is hot, add **2 tsp oil** (dbl for 4 ppl), then **pork**. Pan-fry until golden, 1-2 min per side. (**NOTE:** Pork will finish cooking in step 5.) Transfer **pork** to a plate.



### Finish and serve

Add **half the parsley** to the pot with **mash**. Stir to combine. Thinly slice **pork**. Add **any pork juices** from the plate to the pan with **sauce**, then stir to combine. Divide **pork** and **potato-cauli mash** between plates. Spoon **peppers** and **sauce** over **pork**.

## Dinner Solved!