



SOUTHERN PORK CHOPS

with Swiss Chard and Potato Hash



HELLO

POTATO HASH

Sour cream and Dijon mustard jazz up this quick and easy veggie hash

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 501



Pork Chops



Yukon Potatoes



Cajun Spice



Garlic



Onion, chopped



Swiss Chard, chopped



Chicken Broth Concentrate



Dijon Mustard



Sour Cream

BUST OUT

- Baking Sheet
- Salt and Pepper
- Large Non-Stick Pan
- Olive or Canola oil
- Measuring Cups

INGREDIENTS

2-person | 4-person

- Pork Chops 1 pkg | 2 pkg
- Yukon Potatoes 1 pkg (340 g) | 2 pkg (680 g)
- Cajun Spice 1 pkg (1 tbsp) | 2 pkg (2 tbsp)
- Garlic 1 pkg (10 g) | 2 pkg (20 g)
- Onion, chopped 1 pkg (56 g) | 2 pkg (113 g)
- Swiss Chard, chopped 1 pkg (175 g) | 2 pkg (350 g)
- Chicken Broth Concentrate 1 | 2
- Dijon Mustard 6,9 1 pkg (1 1/2 tsp) | 2 pkg (3 tsp)
- Sour Cream 2 1 pkg (3 tbsp) | 2 pkg (6 tbsp)

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

* Laver et sécher tous les aliments.

** Cuire jusqu'à une température interne minimale de 160°F.

START STRONG

Preheat the oven to **450°F** (to roast the potatoes). Start prepping when the oven comes up to temperature!



1 ROAST POTATOES Wash and dry all produce.* Cut the **potatoes** into 1/2-inch cubes. Mince or grate the **garlic**. On a baking sheet, toss the potatoes with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until the potatoes are golden-brown, 25-28 min.



2 COOK PORK Meanwhile, pat the **pork** dry with paper towels. Sprinkle the pork with the **spice blend**. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the pork. Cook until the bottom of the pork is golden-brown, 4-5 min.



3 FLIP PORK Reduce the heat to medium-low. Flip the **pork** over. Cover and cook until the pork is cooked through, 4-5 min. (**TIP:** Cook to a minimum internal temperature of 160°F.**) Transfer the pork to a plate and cover to keep warm.



4 MAKE SAUCE Increase the heat to medium. Add a drizzle of **oil** to the same pan, then the **onions**. Cook, stirring occasionally, until softened, 4-5 min. Add the **garlic**, **broth concentrate(s)**, **mustard**, **sour cream**, **Swiss chard** and 1/3 **cup water** (double for 4 people). Stir until the Swiss chard wilts, 3-4 min. Season with **salt** and **pepper**.



5 ASSEMBLE HASH When the **potatoes** are done, add them to the **Swiss chard mixture**. Stir together until warmed through, 1-2 min.



6 FINISH AND SERVE Divide the **potato hash** between plates. Top with the **pork**.

AWESOME!

It's hard not to sing the praises of vitamin and fibre-packed Swiss chard!