



# Steakhouse-Style Pork Chops with Creamy Sauce

Calorie Smart

30 Minutes



Pork Chops,  
boneless



Chicken Broth  
Concentrate



Onion, chopped



Yellow Potato



Green Beans



Montreal Steak Spice



Sour Cream



Parsley

HELLO MONTREAL STEAK SPICE

*The perfect blend of spices for grilled steak, chicken and pork!*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust Out

2 Baking sheets, measuring spoons, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Chicken Broth Concentrate	1	2
Onion, chopped	56 g	113 g
Yellow Potato	360 g	720 g
Green Beans	340 g	680 g
Montreal Steak Spice	1 tbsp	2 tbsp
Sour Cream	3 tbsp	6 tbsp
Parsley	7 g	14 g
Oil*		
Salt and Pepper*		

\* Pantry items

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

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

*Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.*

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## Roast potatoes

Cut **potatoes** into ½-inch pieces. Toss **potatoes** with **half the Montreal Steak Spice** and **1 tbsp oil** on a baking sheet. Season with **salt**. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Roast in the **middle** of the oven, tossing halfway through, until golden-brown, 25-28 min. (**NOTE:** For 4 ppl, bake in the middle and the bottom of the oven, rotating sheets halfway through cooking.)



## Roast pork and green beans

Toss **green beans** with **1 tsp oil** (dbl for 4 ppl) on the other side of the baking sheet with **pork**. Season with **salt** and **pepper**. Roast, in the **top** of the oven, until **green beans** are tender and **pork** is cooked through, 10-12 min.\*\*



## Prep

While **potatoes** cook, trim **green beans**. Roughly chop **parsley**. Pat **pork** dry with paper towels. Season with **remaining Montreal Steak Spice**.



## Make sauce

While **pork** and **green beans** cook, heat the same pan (from step 3) over medium heat. When hot, add **1 tsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring often, until tender, 2-3 min. Stir in **½ cup water** (dbl for 4 ppl) and **broth concentrate**. Cook, stirring often, until **sauce** thickens slightly, 1-2 min. Remove from heat, then stir in **sour cream**. Season with **salt** and **pepper**.



## Sear pork

Heat a large non-stick pan over medium-high heat. When hot, add **1 tsp oil** (dbl for 4 ppl), then **pork**. Pan-fry, until golden, 2-3 min per side. When **pork** is golden, transfer to one side of another baking sheet.



## Finish and serve

Sprinkle **half the parsley** over **green beans** and toss to combine. Thinly slice **pork**. Divide **pork**, **potatoes** and **green beans** between plates. Drizzle with **sauce** and sprinkle **remaining parsley** over **pork**.

## Dinner Solved!