



DEC
2016

Sugar-Rubbed Pork Chops

with Caramelized Root Vegetables

A sweet and spicy sugar rub makes these pork chops unreasonably delectable. Served with caramelized parsnips, carrots, and pearl onions. This dish strikes the perfect balance of savory and sweet. A simple drizzle of pan sauce takes this recipe from delicious to restaurant-worthy.

Prep
35 min

level 1



Pork Chops



Pearl Onions



Carrot



Parsnips



Beef Broth
Concentrate



Thyme



Garlic



Brown Sugar



Spring Mix



Balsamic Vinegar



Honey



Dijon Mustard

Ingredients

Pork Chops	2 pkg (680 g)
Pearl Onions	1 pkg (227 g)
Carrot	2
Parsnip, diced	1 pkg (340 g)
Beef Broth Concentrate	2 pkg
Thyme	2 pkg (14 g)
Garlic	2 pkg (20 g)
Brown Sugar	1 pkg ($\frac{1}{4}$ cup)
Spring Mix	1 pkg (113 g)
Balsamic Vinegar	1) 1 pkg (2 tbsp)
Honey	1 pkg (1 tbsp)
Dijon Mustard	1) 2) 1 pkg (1½ tsp)
Olive or Canola Oil*	

4 People

*Not Included

Allergens

- 1) Sulphites/Sulfites
- 2) Mustard/Moutarde

Ruler

0 in $\frac{1}{4}$ in $\frac{1}{2}$ in $\frac{3}{4}$ in 1 in

Tools

2 Baking Sheets, Large Pan,
Shallow Dish, Large Bowl,
Measuring spoons

Nutrition per person Calories: 467 cal | Fat: g | Protein: 11 g | Carbs: 50 g | Fiber: 8 g | Sodium: 451 mg

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

3



1 Preheat the oven to 400°F. (To roast the veggies and the pork.) Start prepping when the oven comes up to temperature!

2 Prep: Wash and dry all produce. Strip **4 tsp thyme leaves** off the sprig. Mince or grate the **garlic**. Peel, and slice **carrots** into $\frac{1}{4}$ -inch rounds. Peel, then cut the **onions** in half.

5



3 Roast the veggies: Toss the **carrots**, **parsnips** and **onions** over two baking sheets with a drizzle of **oil**. Sprinkle **half the thyme** over the veggies. Season with **salt** and **pepper**. Bake in the centre of the oven, stirring halfway through cooking, until golden and roasted, 23-25 min.

7



4 Make the sugar mixture: Meanwhile, in a shallow dish, combine the **sugar**, **garlic** and a small drizzle of **oil** to make a paste. Season the **pork** with **salt** and **pepper**. Add the pork into the dish, rub and press the **sugar mixture** to coat.

5 Cook the pork chops: Heat a large pan over medium-high heat. Add a drizzle of **oil**, then the **pork chops**. Cook until just golden, 1-2 min per side. Transfer the pork chops to the baking sheet with the **veggies** in the oven. Continue roasting until the pork is cooked through, 4-6 min. (**TIP:** Inserting a thermometer into the cooked pork should display an internal temperature of 160°F.) The pork may be ready before the vegetables!

6 Make the pan sauce: Meanwhile, in the same pan, reduce the heat to medium. Add the **broth concentrates**, **remaining thyme** and **$\frac{1}{2}$ cup water**. Cook, stirring and scraping any brown bits from the bottom of the pan, until slightly thickened, 1-3 min.

7 Finish and serve: In a large bowl, whisk the **vinegar**, **Dijon mustard**, **honey** and a drizzle of **oil**. Toss in the **spring mix**. Thinly slice the **pork** and serve over the **roasted vegetables**. Drizzle over the **pan sauce** and serve alongside the **salad**. Enjoy!

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