



NOV
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Sugar-Rubbed Pork Chops

with Caramelized Root Vegetables and Thyme Pan Sauce

A sweet-and-spicy sugar rub makes these pork chops unreasonably delectable. Served with caramelized parsnips, carrots, and 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: 10 min
Total: 35 min



level 1



nut
free



gluten
free



dairy
free



Pork Chops



Yellow Onion



Carrot



Parsnip



Chicken Stock
Concentrate



Thyme



Garlic



Cayenne

Ingredients

| | 2 People | 4 People |
|---|----------|----------|
| Pork Chops | 12 oz | 24 oz |
| Yellow Onion | 1 | 2 |
| Carrot | 1 | 2 |
| Parsnip | 1 | 2 |
| Chicken Stock Concentrate | 1 | 2 |
| Thyme | ¼ oz | ½ oz |
| Garlic | 2 Cloves | 4 Cloves |
| Cayenne  | 1 tsp | 1 tsp |
| Sugar* | 2 TBSP | 4 TBSP |
| Olive Oil* | 2 tsp | 4 tsp |

*Not Included

Allergens

None

Tools

Peeler, Baking sheet,
Small bowl, Small pan

Nutrition per person Calories: 439 cal | Fat: 12 g Sat. Fat: 3 g | Protein: 42 g | Carbs: 44 g | Sugar: 23 g | Sodium: 321 mg | Fiber: 8 g



1 Prep the ingredients: Wash and dry all produce. Preheat the oven to 400 degrees. Peel the **carrot** and **parsnip** and slice into ¼-inch rounds on a slight diagonal. Strip the **thyme** off the stems and roughly chop the leaves. Halve, peel, and cut the **onion** into wedges. **HINT:** If your parsnip is very large, half lengthwise before slicing.



2 Roast the vegetables: Toss the **carrots**, **parsnips**, **onions**, and **half the thyme** on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Place in the oven for about 8-10 minutes to start the cooking process (we'll finish cooking the vegetables after the pork is added!).



3 Rub the pork: Mince or grate the **garlic**. In a small bowl, combine the **garlic**, a pinch of **cayenne** (to taste, it's spicy!), a drizzle of **olive oil**, **2 Tablespoons sugar**, and a large pinch of **salt**. Season the **pork** on all sides with **salt** and **pepper**, then rub all over with the **sugar mixture**.



4 Roast the pork: Clear a spot in the center of the baking sheet, then place the **pork chops** onto the middle of the sheet. Return to the oven for about 15 minutes, until the pork is cooked to desired doneness and the veggies are golden brown.

5 Make the pan sauce: Remove the **pork** and **veggies** from the oven and let the pork rest for 5 minutes. Add the **stock concentrate**, **remaining thyme**, and ½ **cup water** to a small pan. Bring to a simmer over medium heat until thickened and reduced by half, for 2-3 minutes. Taste and season with **salt** and **pepper**, if necessary.

6 Plate: Thinly slice the **pork**, then serve on a bed of **roasted root vegetables**. Drizzle with the **pan sauce**, and enjoy!

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