






Cooking Made Easy

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Pork Chops with Leek and Potato Mash and Onion Gravy

A little recipe dedication this evening to one of our favourite chefs Jane Wilson. She wrote to tell us how much she'd been enjoying her boxes and she'd love to see some more pork chops on the menu. Apparently her secret to perfect chops is an inexpensive meat thermometer to take the guesswork out of proceedings - we couldn't agree more!



35 min



gluten free



Pork Chops



Potatoes



Leek



Milk



Red Onion



Chicken Stock Pot



Rosemary



Cornflour

Ingredients

	2P	4P
Pork Chops	2	4
Potatoes	2	4
Leek, shredded	2 cups	4 cups
Milk 1	150ml	250ml
Red Onion, sliced	½ cup	1 cup
Chicken Stock Pot	½	1
Rosemary	few sprigs	few sprigs
Cornflour	1 tsp	2 tsp

⊕ May feature in another recipe

* Good to have at home

Allergens

1) Milk

Nutrition per serving: Calories: 654 kcal | Protein: 51 g | Carbs: 55 g | Fat: 25 g | Saturated Fat: 10 g

1



1 Pre-heat the oven to 200 degrees and boil a pot of water. Peel the potatoes and cut them into cubes the size of golf balls. Cut the top and bottom from the leek and slice it in half lengthways. Slice each half lengthways again into 3 pieces. Now shred the leek widthways and thinly slice the onion.

further minute standing on its rind (for a nice crisp edge).

4



2 Cook the potatoes in the boiling water with ½ tsp of salt for 20 minutes. Fry the onions in a non-stick pan on medium-low heat with 2 tsp of olive oil, a tsp of butter (if you have it), a pinch of sugar (if you have some), salt, pepper and 2 sprigs of rosemary. Simmer the onion mixture for 20 mins.

5 Transfer the chops to a baking tray and cover them with a few sprigs of rosemary. Put them in the oven on the middle shelf and cook them for 12 mins, which should leave them nice and juicy inside. Once they are done, rest them for 5 mins out of the oven.

5



3 In a separate pan, cook off the leeks on high heat with a couple of tsp of olive oil and a good pinch of salt and pepper. Once they have wilted (after about 4 or 5 mins), take them off the heat and leave them to the side.

6 Drain the potatoes and mash them thoroughly. Heat the milk in the microwave or on the hob and stir it into the potatoes, together with 2 tsp of butter (if you have some) and a good pinch of salt and pepper. Now stir in the leeks.
Tip: Add more milk if you want lighter mash

7



4 Rub ½ tsp of olive oil over each pork chop and season them with salt and pepper. Cook in a non-stick pan on searingly high heat for one minute on each side and one

7 Now for your gravy! Mix 1 tsp of cornflour with 2 tbsp of water to make a smooth paste. Add 200ml of water and half the chicken stock pot to the onions and bring to a simmer. Stir in the cornflour mixture and simmer until it thickens, before turning off the heat.

8 To serve, simply top your mashed potato with the pork chops and pour over some gravy.