

Spiced Pork & Winter Hash

with Brussels Sprouts, Sweet Potatoes & Apple

Hash, a hearty potato and onion dish, gets a seasonally inspired upgrade in this recipe. We're showcasing sweet potatoes in our hash—and adding Brussels sprouts and crisp apple to the mix. Warming spices (paprika, coriander, nutmeg and caraway seeds) bring it all together, making the perfect savory-sweet side for our centerpiece of seared pork chops. We're finishing the pork in a complex, rich pan sauce made with whole grain mustard and lemon-seasoned sour cream.



Ingredients

- 4 Boneless, Center-Cut Pork Chops
- 1½ Pounds Sweet Potatoes
- ½ Pound Brussels Sprouts
- 1 Apple
- 1 Lemon
- 1 Red Onion
- 1 Bunch Mint

Knick Knacks

- 4 Tablespoons Butter
- 2 Tablespoons All-Purpose Flour
- 1 Tablespoon Whole Grain Dijon Mustard
- ¼ Cup Sour Cream
- 2 Teaspoons Pork & Hash Spice Blend
(Whole Caraway Seeds, Sweet Paprika, Ground Coriander & Ground Nutmeg)

Makes 4 Servings

About 645 Calories Per Serving

Prep Time: 15 min | Cook Time: 20 to 30 min



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Recipe #5

Instructions

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1



Prepare the ingredients:

Wash and dry the fresh produce. Peel and small dice the sweet potatoes. Peel the onion; cut into wedges and separate the layers. Quarter the Brussels sprouts. Core and small dice the apple. Pick the mint leaves off the stems; discard the stems. Quarter and deseed the lemon. In a bowl, combine the **sour cream** and the **juice of 2 lemon wedges**; season with salt and pepper to taste.

2



Start the hash:

In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the **sweet potatoes**; season with salt and pepper. Cook, stirring occasionally, 6 to 8 minutes, or until browned and slightly tender.

3



Finish the hash:

Add the **onion** and **Brussels sprouts** to the pan of sweet potatoes; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until slightly softened. Add the **apple** and **half the spice blend**; season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until softened and fragrant. Add **half the butter** and the **juice of the remaining lemon wedges**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined.

4



Coat & cook the pork:

While the hash cooks, combine the **flour** and **remaining spice blend** on a plate. Pat the **pork** dry with paper towels; season with salt and pepper on both sides. Thoroughly coat the seasoned pork with the flour-spice blend mixture (tapping off any excess). In a medium pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the coated pork and cook 3 to 4 minutes per side, or until golden brown and cooked through. Transfer to a plate, leaving any browned bits (or fond) in the pan.

5



Finish & serve your dish:

Add the **mustard**, **remaining butter**, **1 tablespoon of seasoned sour cream** and **¼ cup of water** to the pan of reserved fond; season with salt and pepper. Cook on medium, stirring frequently and scraping up any fond, 2 to 3 minutes, or until slightly reduced in volume. Add the **cooked pork** and cook, occasionally spooning the sauce on top, 30 seconds to 1 minute, or until coated; season with salt and pepper to taste. Transfer the finished pork and **finished hash** to serving dishes. Garnish with the **mint** (roughly chopping before adding) and **remaining seasoned sour cream**. Enjoy!