



# HONEY-BUTTER BBQ PORK CHOPS

with Mashed Sweet Potatoes & Lemony Green Beans

## INGREDIENTS

2 PERSON | 4 PERSON



2 | 4

Sweet Potatoes



1 | 1

Lemon



1½ TBSP | 3 TBSP

Sour Cream  
Contains: Milk



2 tsp | 4 tsp

Honey



10 oz | 20 oz

Pork Chops



1 TBSP | 2 TBSP

Sweet and Smoky  
BBQ Seasoning



6 oz | 12 oz

Green Beans



1 tsp | 1 tsp

Chili Flakes



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THERE TOO. SCAN HERE TO GET HELP!



## HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the  
**HelloCustom** instructions on the flip side of this card.



10 oz | 20 oz

Chicken Cutlets

Calories: 590



PREP: 10 MIN | COOK: 25 MIN | CALORIES: 630



HELLO

## SWEET AND SMOKY BBQ SEASONING

A blend of smoked paprika, mustard, cumin, and ginger

### A PAT ABOVE

Why do we always ask you to pat your pork dry with paper towels? Blotting out as much moisture as possible allows the seasonings to really stick, and ensures even browning once the meat hits the hot pan for deliciously crispy, caramelized edges.

### BUST OUT

- Peeler
- Zester
- Medium pot
- Strainer
- Potato masher
- Small bowl
- Paper towels
- Large pan
- Medium bowl
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Butter (3 TBSP | 6 TBSP)  
Contains: Milk

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### 1 PREP

- Wash and dry produce (except green beans).
- Peel and dice **sweet potatoes** into ½-inch pieces. Zest and quarter **lemon**.



### 4 COOK PORK

- Pat **pork\*** dry with paper towels. Season lightly with **salt** and **pepper**, then rub all over with **BBQ Seasoning**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add pork and cook until browned and cooked through, 4-6 minutes per side.

🔄 Swap in **chicken\*** for pork. Cook until cooked through, 4-6 minutes per side.



### 2 MASH SWEET POTATOES

- Place **sweet potatoes** in a medium pot with enough **salted water to cover by 2 inches**. Cover, bring to a boil, and cook until tender, 15-20 minutes.
- Drain and return sweet potatoes to pot. Add **sour cream** and ½ **TBSP butter** (1 **TBSP for 4 servings**); mash until smooth. Season with **salt** and **pepper**.
- Keep covered off heat until ready to serve.



### 5 COOK GREEN BEANS

- While pork cooks, pierce **green bean bag** with a fork; place bag on a plate. Microwave until tender, 1-2 minutes. **TIP: No microwave? No problem! Steam green beans in a small pot with a splash of water until just tender, 5-7 minutes.**
- Carefully transfer **green beans** to a medium bowl and toss with **lemon zest**, ½ **TBSP butter**, a **squeeze of lemon juice**, and a **big pinch of salt and pepper**.



### 3 MAKE HONEY BUTTER

- While sweet potatoes cook, place **2 TBSP butter** (4 **TBSP for 4 servings**) in a small microwave-safe bowl; microwave until softened, 10-15 seconds.
- Stir in **honey** and a **pinch of salt**.



### 6 FINISH & SERVE

- Divide **mashed sweet potatoes** and **green beans** between plates. Top mashed sweet potatoes with **pork**. Dollop pork with **honey butter** and sprinkle with **chili flakes** if desired.
- Serve with **remaining lemon wedges** on the side.

\*Pork is fully cooked when internal temperature reaches 145°.

🔄 \*Chicken is fully cooked when internal temperature reaches 165°.