

# **INGREDIENTS**

2 PERSON | 4 PERSON



Sweet Potatoes



Lemon



Sour Cream Contains: Milk



2 tsp | 4 tsp Honey



10 oz | 20 oz 1 TBSP | 2 TBSP Sweet and Smoky BBQ Seasoning



Green Beans

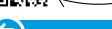




1tsp | 1tsp Chili Flakes



ANY ISSUES WITH YOUR ORDER?



# **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 S Chicken Cutlets



# **HONEY-BUTTER BBQ PORK CHOPS**

with Mashed Sweet Potatoes & Lemony Green Beans





# HELLO

# SWEET AND SMOKY **BBO SEASONING**

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

## **Δ 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
- Small bowl
- Zester

Strainer

- Paper towels
- Medium pot
- · Large pan Medium bowl
- · Potato masher
- 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.



# **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 1/2 TBSP butter (1 TBSP for 4 servings); mash until smooth. Season with salt and pepper.
- Keep covered off heat until ready to serve.



- 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.



#### **4 COOK PORK**

- Pat **pork\*** dry with paper towels. Season lightly with salt and pepper. then rub all over with BBO 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.



# **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, 1/2 TBSP butter (1 TBSP for 4 servings), a squeeze of lemon juice. and a big pinch of salt and pepper.



# **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.