

INGREDIENTS		
2 PERSON   4 PERSON		
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<b>2   4</b> Sweet Potatoes	1 1 Lemon	11⁄2 TBSP   3 TBSP Sour Cream Contains: Milk
		1
2 tsp   4 tsp Honey	<b>10 oz   20 oz</b> Pork Chops	<b>1 TBSP   2 TBSP</b> Sweet and Smoky BBQ Seasoning
<b>6 oz   12 oz</b> Green Beans	<b>1 tsp   1 tsp</b> Chili Flakes	



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ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER 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.



# HONEY-BUTTER BBQ PORK CHOPS

with Mashed Sweet Potatoes & Lemony Green Beans



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
- Small bowlPaper towels
- Medium pot
- Large panMedium bowl
- StrainerPotato masher
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Butter (3 TBSP | 6 TBSP)
  Contains: Milk

# MORE IS MORE

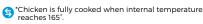
If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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





#### 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 ½ TBSP butter (1 TBSP for 4 servings); mash until smooth. Season with salt and pepper.
- Keep covered off heat until ready to serve.



#### **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.



#### 5 (

 Pat pork\* dry with paper towels.
 Season lightly with salt and pepper, then rub all over with BBQ Seasoning.

**4 COOK PORK** 

- 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, ½ 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.