

# **INGREDIENTS**

2 PERSON | 4 PERSON



Sweet Potatoes



Lemon



2 tsp | 4 tsp



10 oz | 20 oz Pork Chops



Green Beans





Sour Cream



1 TBSP | 2 TBSP Sweet and Smoky BBQ Seasoning





ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER THERE TOO. SCAN HERE TO GET HELP OR GIVE US A CALL AT (646) 846-3663.





2 PERSON | 4 PERSON

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

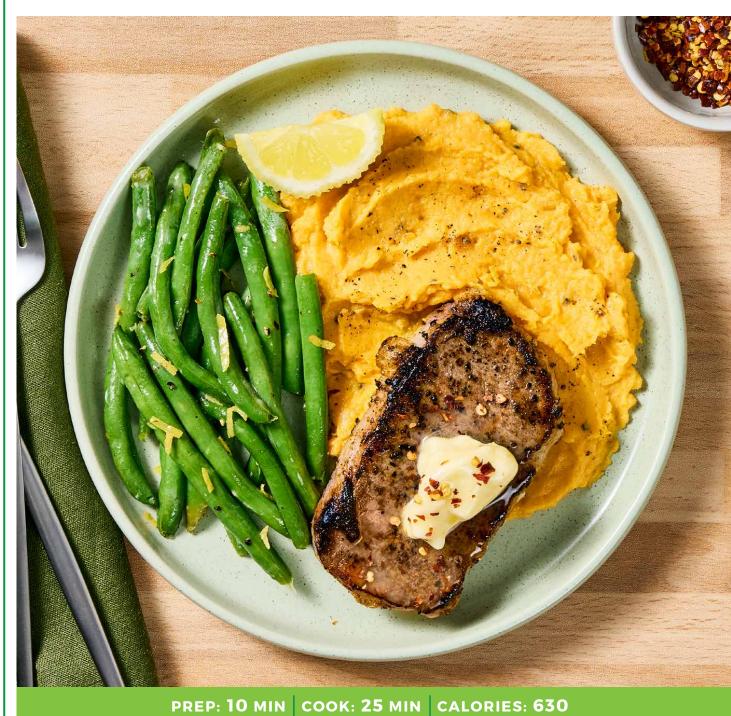


10 oz | 20 oz S Chicken Cutlets



# **HONEY-BUTTER BBQ PORK CHOPS**

with Mashed Sweet Potatoes & Lemony Green Beans





## **HELLO**

## SWEET AND SMOKY **BBQ SEASONING**

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

## **BEST OF THE ZEST**

We like using a microplane or dedicated zester for zesting citrus. If you don't have one, use a peeler or paring knife to remove just the yellow surface layer from the lemon peel, then mince it.

## **BUST OUT**

Small bowl

Large pan

Paper towels

Medium bowl

- Peeler
- Zester
- Medium pot
- Strainer
- · Potato 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.

## **HOW WAS YOUR MEAL?**



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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 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.



## **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