



# 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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## 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

### 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

- 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

### 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.



### 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.



### 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 (1 TBSP for 4 servings), 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°.