



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



ANY ISSUES WITH YOUR ORDER?
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THERE TOO. SCAN HERE TO GET HELP!



HELLO

SWEET AND SMOKY BBQ SEASONING

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



PREP: 10 MIN | COOK: 25 MIN | CALORIES: 700



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
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Butter (4 TBSP | 7 TBSP)
Contains: Milk
- Small bowl
- Paper towels
- Large pan
- Medium bowl

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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 large 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. Turn off heat.



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. Mash with sour cream and 1 TBSP butter (2 TBSP for 4 servings) 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, 1 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 in 5-second intervals until just softened, about 15 seconds total.
- Stir in honey and a pinch of salt.



6 SERVE

- Divide sweet potatoes and green beans between plates. Top sweet potatoes with pork; dollop pork with honey butter. Sprinkle with chili flakes if desired. Serve with remaining lemon wedges on the side.

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