

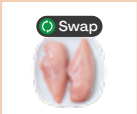


Parmesan Pork Chops

with Roasted Veggies and Sweet Potato Mash

Protein Plus

30 Minutes



Chicken Breasts
2 | 4

Customized Protein

+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Pork Chops, boneless
340 g | 680 g



Italian Breadcrumbs
4 tbsp | 8 tbsp



Sweet Bell Pepper
1 | 2



Green Beans
170 g | 340 g



Sweet Potato
2 | 4



Mayonnaise
2 tbsp | 4 tbsp



Parmesan Cheese, shredded
1/4 cup | 1/2 cup

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.
Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Salt, butter, pepper, milk, oil

Cooking utensils | 2 Baking sheets, colander, large non-stick pan, large pot, measuring spoons, paper towels, parchment paper, potato masher, shallow dish, vegetable peeler

1



Cook sweet potatoes

- Before starting, preheat the oven to 425°F. Wash and dry all produce.
- Peel, then cut **sweet potatoes** into 1-inch pieces.
- To a large pot, add **sweet potatoes**, **1 tsp** (2 tsp) **salt** and enough water to cover (by approx. 1-2 inches). Cover and bring to a boil over high.
- Once boiling, reduce heat to medium. Simmer, uncovered, for 10-12 min, until **sweet potatoes** are fork-tender.

2



Prep

- Meanwhile, core, then cut **pepper** into ½-inch slices.
- Trim **green beans**.
- In a shallow dish, combine **breadcrumbs** and **Parmesan**.

3



Roast veggies

- To a parchment-lined baking sheet, add **peppers**, **green beans** and **1 tbsp** (2 tbsp) **oil**.
- Season with **salt** and **pepper**, then toss to combine.
- Roast in the **middle** of the oven 14-17 min, until **veggies** are tender-crisp.

4



Coat pork

[Swap](#) | [Chicken Breasts](#)

- Meanwhile, pat **pork** dry with paper towels.
- Carefully slice **each pork chop** in half through the centre, parallel to the cutting board. (**NOTE:** You will have 4 pieces of pork for 2 servings and 8 pieces for 4 servings.)
- Coat **pork** all over with **mayo**.
- Working with one piece of **pork** at a time, firmly press both sides into **breadcrumb mixture** to coat completely.

5



Cook pork

- Heat a large non-stick pan over medium.
- When hot, add **1 tbsp oil**, then **pork**. Pan-fry 2-3 min per side, until golden. (**NOTE:** Don't crowd the pan. Cook in batches for 4 servings, using 1 tbsp oil per batch).
- Transfer **pork** to another parchment-lined baking sheet.
- Roast in the **top** of the oven 5-6 min, until cooked through.**

6



Finish and serve

- When **sweet potatoes** are fork-tender, drain and return them to the same pot, off heat.
- Mash **2 tbsp** (4 tbsp) **butter** and **2 tbsp** (4 tbsp) **milk** into **sweet potatoes** until smooth. Season with ½ **tsp** (¼ tsp) **salt** and **pepper**.
- Divide **sweet potato mash**, **Parmesan pork chops** and **roasted veggies** between plates.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. 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.

4 | Coat chicken

[Swap](#) | [Chicken Breasts](#)

If you've opted to get **chicken breasts**, cook them in the same way the recipe instructs you to cook the **pork chops****

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook pork and poultry to minimum internal temperatures of 160°F and 165°F, respectively.