



# BBQ Pork Chops

with Creamy Kale Slaw and Green Beans

Carb Smart

25 Minutes



Pork Chops,  
boneless



BBQ Seasoning



BBQ Sauce



Green Beans



Kale Slaw Mix



Mayonnaise



Carrot



White Wine Vinegar

## HELLO KALE

*From the family of cabbages, this leafy green packs a punch of crunch!*

## Start here

- Before starting, preheat your broiler to high.
- Wash and dry all produce.

## Bust Out

Baking sheet, vegetable peeler, measuring spoons, box grater, aluminum foil, large bowl, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
BBQ Seasoning	1 tbsp	2 tbsp
BBQ Sauce	4 tbsp	8 tbsp
Green Beans	340 g	680 g
Kale Slaw Mix	113 g	227 g
Mayonnaise	4 tbsp	8 tbsp
Carrot	170 g	340 g
White Wine Vinegar	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 71°C/160°F, as size may vary.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

*Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.*

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## Prep and make dressing

Trim, then halve **green beans**. Peel, then using a box grater, coarsely grate **carrot**. Whisk together **mayo**, **vinegar** and **half the BBQ Seasoning** in a large bowl. Set aside.



## Cook pork

Pat **pork** dry with paper towels, then season with **remaining BBQ Seasoning**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **pork**. Pan-fry, until golden-brown, 1-2 min per side. Remove pan from heat, then transfer **pork** to a foil-lined baking sheet. Spread **BBQ sauce** onto tops of **pork**. Broil in the **middle** of the oven, until cooked through, 9-11 min.\*\* Carefully rinse and wipe pan clean.



## Cook green beans

While **pork** cooks, heat the same pan over medium. When hot, add **green beans** and **3 tbsp water** (dbl for 4 ppl). Season with **salt** and **pepper**. Cook, stirring occasionally, until tender, 5-7 min.



## Make slaw

While **green beans** cook, add **kale slaw mix** and **carrots** to the large bowl with **dressing**. Season with **salt** and **pepper**, then toss to combine.



## Finish and serve

Thinly slice **pork**. Divide **pork**, **green beans** and **slaw** between plates.

## Dinner Solved!