



BBQ-Spiced Pork Chops

with Roasted Vegetable Medley

Family Friendly

35 Minutes



Pork Chops, boneless



Chicken Breasts



BBQ Seasoning



Yellow Potato



Green Beans



Shallot



Garlic Salt



Sweet Bell Pepper



BBQ Sauce

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO BBQ SEASONING

This spice is the perfect blend of sweet, savoury and smoky!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

2 Baking sheets, measuring spoons, silicone brush, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Chicken Breasts *	2	4
BBQ Seasoning	1 tbsp	2 tbsp
Yellow Potato	360 g	720 g
Green Beans	170 g	340 g
Shallot	50 g	100 g
Garlic Salt	1 tsp	2 tsp
Sweet Bell Pepper	160 g	320 g
BBQ Sauce	4 tbsp	8 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook pork and chicken to minimum temperatures of 71°C/160°F and 74°C/165°F, respectively.

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

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.

Contact

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Prep and roast potatoes

- Cut **potatoes** into 1-inch pieces.
- Add **potatoes**, **half the garlic salt** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, stirring halfway through, until tender and golden-brown, 25-28 min.



Roast pork and veggies

- Transfer **pork** to the baking sheet with **veggies**.
- Brush **half the BBQ sauce** over **pork**.
- Roast in the **bottom** of the oven until **veggies** are tender-crisp and **pork** is cooked through, 10-12 min.**



Prep and roast veggies

- Meanwhile, then cut **pepper** into ½-inch slices.
- Peel, then cut **shallot** into ½-inch pieces.
- Trim, then halve **green beans**.
- Add **peppers**, **shallots**, **green beans** and **1 tbsp oil** (dbl for 4 ppl) to another unlined baking sheet. Season with **salt** and **pepper**, then toss to coat. Set aside.



Finish and serve

- Thinly slice **pork**.
- Divide **potatoes**, **pork** and **veggies** between plates.
- Serve **remaining BBQ sauce** on the side for dipping.

Dinner Solved!



Sear pork

- Pat **pork** dry with paper towels, then season with **BBQ Seasoning** and **remaining garlic salt**.
- 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, 1-2 min per side.

If you've opted to get **chicken breasts**, carefully slice into the centre of **each chicken breast**, parallel to the cutting board, leaving ½-inch intact on the other end. Open up **chicken** like a book, then season and cook it in the same way the recipe instructs you to season and cook the **pork chops****