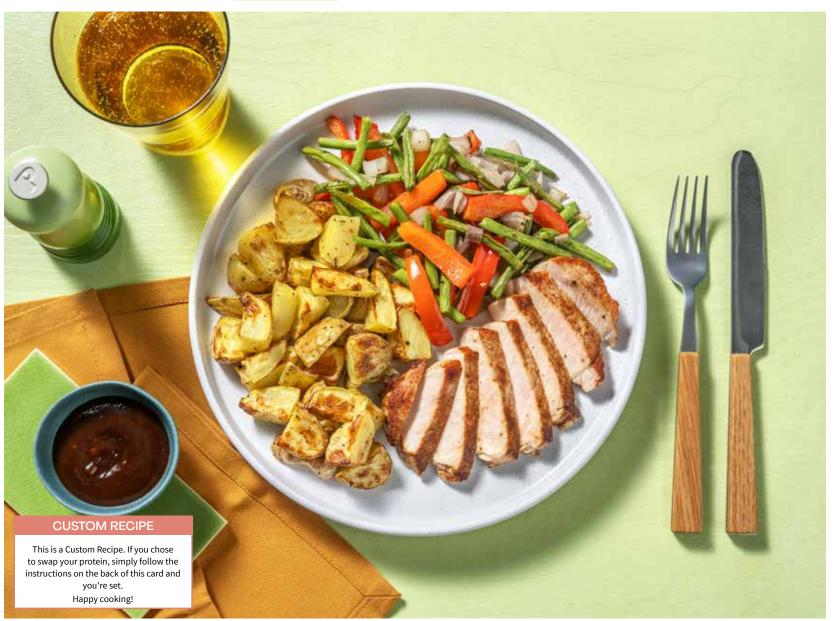


BBQ-Spiced Pork Chops

with Roasted Vegetable Medley

Family Friendly 35 Minutes





Pork Chops, boneless





BBQ Seasoning









Shallot

Green Beans



Garlic Salt



Sweet Bell Pepper



BBQ Sauce

HELLO BBQ SEASONING

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

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	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.



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 goldenbrown, 25-28 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.



Sear pork

- Pat **pork** dry with paper towels, then season with BBQ Seasoning and remaining garlic salt.
- Heat a large non-stick pan over mediumhigh 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.**



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.**



Finish and serve

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

Dinner Solved!

Contact

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