



BBQ-Spiced Pork Chops

with Roasted Vegetable Medley

Quick

35 Minutes



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Pork Chops,
boneless



Double Pork Chops,
boneless



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 double the pork chops, 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.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** (Ingredient)

Bust out

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

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Double Pork Chops, boneless	680 g	1360 g
BBQ Seasoning	1 tbsp	2 tbsp
Yellow Potato	350 g	700 g
Green Beans	170 g	340 g
Shallot	1	2
Garlic Salt	1 tsp	2 tsp
Sweet Bell Pepper	1	2
BBQ Sauce	4 tbsp	8 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 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.

1



Prep and roast potatoes

- Cut **potatoes** into 1-inch pieces.
- Add **potatoes**, **half the garlic salt**, **half the BBQ Seasoning** and **1 tbsp** (2 tbsp) **oil** 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.

4



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.**

2



Prep and roast veggies

- Meanwhile, 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** (2 tbsp) **oil** to another unlined baking sheet. Season with **salt** and **pepper**, then toss to coat. Set aside.

5



Finish and serve

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

3



Sear pork

- Pat **pork** dry with paper towels, then season with **remaining BBQ Seasoning** and **remaining garlic salt**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **pork**. Pan-fry until golden, 1-2 min per side.

If you've opted for **double pork**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **pork**. Work in batches, if necessary.



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Dinner Solved!