

# Blueberry BBQ Pork Chops

with Sweet Potato Rounds

Quick

25 Minutes





Pork Chops,





Blueberry Jam



**BBQ Sauce** 





Sugar Snap Peas

**Sweet Potato** 



Onion, sliced



#### HELLO BLUEBERRY BBQ SAUCE

# Start here

- Before starting, preheat the oven to 475°F.
- Wash and dry all produce.

Measurements 1 tbsp (2 tbsp) oil within steps 2 person 4 person Ingredie

#### **Bust out**

2 Baking sheets, vegetable peeler, measuring spoons, parchment paper, small pot, 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
Blueberry Jam	2 tbsp	4 tbsp
BBQ Sauce	4 tbsp	8 tbsp
Sweet Potato	340 g	680 g
Sugar Snap Peas	113 g	227 g
Onion, sliced	56 g	113 g
Garlic Puree	1 tbsp	2 tbsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		

Salt and Pepper\*

- \* Pantry items
- \*\* Cook pork and chicken to minimum internal temperatures of 71°C/160°F and 74°C/165°F, respectively, as sizes may vary.
- 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.

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# Roast sweet potato rounds

- Peel, then cut **sweet potatoes** into ¼-inch rounds.
- Add **sweet potatoes** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and goldenbrown, 22-23 min.



# Cook pork

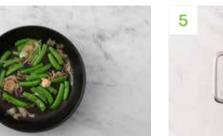
- Meanwhile, pat **pork** dry with paper towels, then season with **salt** and **pepper**.
- Heat a large non-stick pan over mediumhigh heat.
- When hot, add ½ tbsp (1 tbsp) oil, then pork. Pan-fry until golden, 2-3 min per side.
- Transfer pork to an unlined baking sheet.
- Roast in the **top** of the oven until cooked through, 7-10 min.\*\*

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



## Prep snap peas

• Meanwhile, trim **snap peas**.



## Cook veggies

- Reheat the same pan (from step 2) over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **snap peas** and **onions**. Cook, stirring occasionally, until tender, 5-6 min.
- Add **garlic puree**. Cook, stirring occasionally, until coated, 1 min.
- Season with salt and pepper, to taste.



## Make blueberry BBQ sauce

- Meanwhile, add BBQ sauce, blueberry jam,
  tbsp (4 tbsp) butter and 1 tbsp (2 tbsp)
  water to a small pot.
- Heat over medium-low heat. Cook, stirring often, until **blueberry BBQ sauce** is warmed through, 3-5 min.
- Remove the pot from heat and set aside.
- Season with **salt** and **pepper**, to taste.



## Finish and serve

- Thinly slice pork.
- Divide pork, sweet potato rounds and veggies between plates.
- Spoon blueberry BBQ sauce over pork.

**Dinner Solved!**