



Blueberry BBQ Pork Chops with Sweet Potato Rounds

Quick

30 Minutes



Pork Chops,
boneless



Blueberry Jam



BBQ Sauce



Sweet Potato



Green Beans



Baby Tomatoes



Garlic

HELLO BLUEBERRY JAM

Blueberry jam and BBQ sauce combine for a sticky, smoky-sweet pork chop coating!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust Out

2 baking sheets, vegetable peeler, measuring spoons, parchment paper, small pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Blueberry Jam	2 tbsp	4 tbsp
BBQ Sauce	¼ cup	½ cup
Sweet Potato	340 g	680 g
Green Beans	170 g	340 g
Baby Tomatoes	113 g	227 g
Garlic	6 g	12 g
Unsalted Butter*	2 tbsp	4 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.

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Roast sweet potatoes

Peel, then cut **sweet potatoes** into ¼-inch rounds. Add **sweet potatoes** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven, flipping rounds halfway through cooking, until golden-brown, 24-26 min.



Cook pork

While **sweet potatoes** roast, pat **pork** dry with paper towels, then season with **salt** and **pepper**. 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, 2-3 min per side. When **pork** is golden, transfer to another baking sheet. Roast, in the top of the oven, until cooked through, 10-12 min.**



Prep

While **sweet potatoes** and **pork** roast, trim **green beans**. Peel, then mince or grate **garlic**.



Make blueberry BBQ sauce

To a small pot, add **BBQ sauce**, **blueberry jam**, **2 tbsp butter** and **1 tbsp water** (dbl both for 4 ppl). Heat the pot over medium-low heat. Cook, stirring often, until **blueberry BBQ sauce** is warmed through, 2-3 min. Remove the pot from heat and set aside.



Cook veggies

Reheat the same large non-stick pan (from step 2) over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **green beans**. Cook, stirring occasionally, until tender, 5-6 min. Add **tomatoes** and **garlic**. Cook, stirring occasionally until **tomatoes** start to blister, 2-3 min. Season with **salt** and **pepper**.



Finish and serve

Thinly slice **pork**. Divide **pork**, **sweet potatoes** and **veggies** between plates. Spoon **blueberry BBQ sauce** over **pork**.

Dinner Solved!