



Blueberry BBQ Pork Chops

with Sweet Potato Rounds

Quick

25 Minutes



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!



Pork Chops, boneless



Chicken Breasts



Blueberry Jam



BBQ Sauce



Sweet Potato



Sugar Snap Peas



Onion, sliced



Garlic Puree

HELLO BLUEBERRY BBQ SAUCE

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

Start here

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

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

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
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.

Contact

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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 golden-brown, 22-23 min.



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.



Cook pork

- Meanwhile, 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** (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**.



Make blueberry BBQ sauce

- Meanwhile, add **BBQ sauce**, **blueberry jam**, **2 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.



Prep snap peas

- Meanwhile, trim **snap peas**.



Finish and serve

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

Dinner Solved!