



# Cal Smart Seared Maple Pork

with Sweet Potato Wedges and Brussels Sprouts

Calorie Smart

Spicy

30 Minutes



Pork Chops,  
boneless



Cornstarch



Maple Syrup



Garlic Salt



Sweet Potato



Southwest Spice  
Blend



Hot Sauce



Brussels Sprouts



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HELLO MAPLE SYRUP

Maple syrup helps to highlight the natural sweetness of the pork!

## Start here

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

**Measurements within steps**

<b>1 tbsp</b>	<b>(2 tbsp)</b>	<b>oil</b>
2 person	4 person	Ingredient

### Heat Guide for Step 5:

- Mild: 1 tsp (2 tsp)
- Medium: 1 ½ tsp (3 tsp)
- Spicy: 3 tsp (6 tsp)

## Bust out

Baking sheet, medium bowl, measuring spoons, large bowl, parchment paper, small bowl, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Cornstarch	1 tbsp	2 tbsp
Maple Syrup	2 tbsp	4 tbsp
Garlic Salt	1 tsp	1 tsp
Sweet Potato	340 g	680 g
Southwest Spice Blend	1 tbsp	2 tbsp
Hot Sauce 🌶️	1 ½ tsp	3 tsp
Brussels Sprouts	227 g	454 g
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.*

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## Roast sweet potato wedges

- Cut **sweet potatoes** into ¼-inch wedges.
- Add **sweet potatoes** and ½ **tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 parchment-lined baking sheets, with 1 **tbsp oil** per sheet.) Season with **Southwest Spice Blend, salt** and **pepper**, then toss coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-24 min. (**NOTE:** For 4 ppl, roast in the middle and top of the oven, rotating sheets halfway through.)



## Cook Brussels sprouts

- Meanwhile, halve **Brussels sprouts** (if larger, quarter them).
- Add **Brussels sprouts, remaining garlic salt** and **1 tbsp (2 tbsp) oil** to a large bowl. Season with **pepper**, then toss to coat.
- Heat the same pan over medium.
- When hot, add **Brussels sprouts** and **2 tbsp (4 tbsp) water**. Cook, stirring occasionally, until **Brussels sprouts** are tender-crisp, 6-8 min.



## Prep pork

- Meanwhile, pat **pork** dry with paper towels.
- Add **cornstarch** and **half the garlic salt** to a medium bowl. Season with **pepper**, then stir to combine.
- Add **pork** to **cornstarch mixture**, then toss to coat.



## Make spicy maple sauce

- Meanwhile, add **maple syrup** and **1 ½ tsp hot sauce** to a small bowl. (**NOTE:** Reference heat guide.)
- Season with **salt**, then stir to combine.



## Cook pork

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp (2 tbsp) oil**, then **pork**. Cook, turning occasionally, until golden-brown, 4-5 min.
- Carefully remove the baking sheet with **sweet potatoes** from the oven. Push **sweet potatoes** to one side. Transfer **pork** to the other side of the baking sheet. (**NOTE:** For 4 ppl, divide pork between sheets.)
- Roast in the **middle** of the oven until **sweet potatoes** are tender and **pork** is cooked through, 8-10 min.\*\*



## Finish and serve

- Thinly slice **pork**.
- Divide **pork, sweet potato wedges** and **Brussels sprouts** between plates.
- Drizzle **spicy maple sauce** over **pork**.

## Dinner Solved!