



Carb Smart BBQ Pork Plate

with Loaded Sweet Potatoes and Salad

Carb Smart

35 Minutes



Pork Chops, boneless



Southwest Spice Blend



Sweet Potato



Cheddar Cheese, shredded



Sour Cream



Green Onion



Baby Spinach



Baby Tomatoes



Red Wine Vinegar



Yellow Onion



BBQ Sauce



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HELLO SOUTHWEST SPICE BLEND

This blend is crucial in Tex-Mex dishes and adds Southern flair to pork!

Start here

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

Bust out

Baking sheet, measuring spoons, aluminum foil, large bowl, parchment paper, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Southwest Spice Blend	1 tbsp	2 tbsp
Sweet Potato	170 g	340 g
Cheddar Cheese, shredded	¼ cup	½ cup
Sour Cream	3 tbsp	6 tbsp
Green Onion	2	2
Baby Spinach	56 g	113 g
Baby Tomatoes	113 g	227 g
Red Wine Vinegar	1 tbsp	2 tbsp
Yellow Onion	113 g	226 g
BBQ Sauce	2 tbsp	4 tbsp
Sugar*	1 tsp	2 tsp
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.

Contact

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Prep

- Halve **sweet potatoes** lengthwise.
- Halve **tomatoes**.
- Thinly slice **green onions**.
- Peel, then cut **onion** into ¼-inch slices.



Make caramelized onions

- Meanwhile, heat the same pan over medium.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until slightly softened, 3-4 min.
- Add **1 tsp sugar** (dbl for 4 ppl) and season with **salt**. Cook, stirring occasionally, until **onions** are dark golden-brown, 3-4 min.
- Remove the pan from heat, then stir in **half the vinegar**. Set aside.



Roast sweet potatoes

- Add **sweet potatoes** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet.
- Arrange **sweet potatoes** on one side of the baking sheet, cut-side down. Roast in the **bottom** of oven until tender, 23-25 min. (**NOTE:** You will add **pork** to the baking sheet after 15 min.)
- When **sweet potatoes** are almost done, flip cut-side up, then sprinkle with **cheese**. Return to the bottom of the oven until **cheese** melts, 2-3 min.



Make salad

- Meanwhile, combine **remaining vinegar** and **½ tbsp oil** (dbl for 4 ppl) in a large bowl.
- Add **spinach** and **tomatoes**. Season with **salt** and **pepper**, then toss to coat.



Cook pork

- Meanwhile, pat **pork** dry with paper towels, then season with **Southwest Spice Blend**, **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-brown, 1-2 min per side. Remove the pan from heat, then transfer **pork** to a parchment-lined baking sheet.
- Spread **BBQ sauce** onto tops of **pork**. Roast in the middle of the oven until cooked through, 9-11 min.**
- Carefully wipe the pan clean.
- When **pork** is done, transfer to a plate. Cover loosely with foil and set aside to rest, 2-3 min.



Finish and serve

- Thinly slice **pork**.
- Divide **pork**, **salad** and **sweet potatoes** between plates.
- Top **sweet potatoes** with **caramelized onions**, **sour cream** and **green onions**.
- Spoon **remaining BBQ sauce** over **pork**.

Dinner Solved!