



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



BBQ Sauce



Yellow Onion

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.

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

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
BBQ Sauce	2 tbsp	4 tbsp
Yellow Onion	113 g	226 g
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 **yellow onion** into ¼-inch slices.



Make caramelized onions

- Meanwhile, heat the same pan over medium.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **yellow onions**. Cook, stirring occasionally, until slightly softened, 3-4 min.
- Add **1 tsp** (2 tsp) **sugar** 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 ½ **tbsp** (1 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- 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** (1 tbsp) **oil** 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** (1 tbsp) **oil**, then **pork**. Pan-fry until golden, 2-3 min per side, then transfer **pork** to the other side of the baking sheet with **sweet potatoes**.
- Brush **1 tbsp** (2 tbsp) **BBQ sauce** over top of **pork chops**.
- Roast in the **bottom** of the oven until cooked through, 8-10 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**.
- Serve **remaining BBQ sauce** on the side if desired.

Dinner Solved!