



Dry Rub Pork Chops

with Green Beans and Roasted Sweet Potatoes

35 Minutes



Pork Chops, boneless



Sweet Potato



BBQ Seasoning



Brown Sugar



Garlic



Worcestershire Sauce



Green Beans



Chives



Sour Cream



BBQ Sauce

HELLO GREEN BEANS

Tonight we're highlighting these crispy bright legumes with a simple quick sauté!

Start here

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

Bust Out

2 Baking sheets, measuring spoons, silicone brush, aluminum foil, parchment paper, small pot, small bowl, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Sweet Potato	340 g	680 g
BBQ Seasoning	2 tbsp	4 tbsp
Brown Sugar	1 tbsp	2 tbsp
Garlic	3 g	6 g
Worcestershire Sauce	1 tbsp	2 tbsp
Green Beans	170 g	340 g
Chives	7 g	14 g
Sour Cream	6 tbsp	12 tbsp
BBQ Sauce	¼ cup	½ cup
Unsalted Butter*	1 tbsp	2 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

Cut **sweet potatoes** into ½-inch wedges. Toss **sweet potatoes** with **1 tbsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, until golden-brown, 22-24 min.



Cook pork

Pat **pork** dry with paper towels, then season with **salt** and **pepper**. On a foil-lined baking sheet, brush **1 tsp oil** (dbl for 4 ppl) all over **pork**, then rub with **BBQ seasoning**. Roast in the **top** of the oven, until cooked through, 14-16 min.**



Prep and make BBQ sauce

While **sweet potatoes** and **pork** roast, finely chop **chives**. Trim **green beans**. Peel, then mince or grate **garlic**. Add **BBQ sauce**, **brown sugar**, **garlic**, **Worcestershire sauce** and **2 tbsp water** (dbl for 4 ppl) to a small pot. Heat the pot over medium-low heat. Cook, stirring often, until **sugar** has dissolved and **BBQ sauce** is warmed through, 2-3 min. Remove the pot from heat and set aside.



Cook green beans

While **pork** roasts, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp butter**, **1 tbsp oil**, **2 tbsp water** (dbl all for 4ppl), and **green beans**. Cook, stirring occasionally, until **green beans** are tender, 6-8 min. Season with **salt** and **pepper**.



Finish and serve

In a small bowl, stir together **sour cream** and **chives**. Thinly slice **pork**. Divide **pork**, **sweet potatoes** and **green beans** between plates. Drizzle **BBQ sauce** over **pork**. Serve **chive sour cream** on the side, for dipping.

Dinner Solved!