



Dry Rub Pork Chops

with Green Beans and Roasted Sweet Potatoes

30 Minutes



Pork Chops,
boneless



Sweet Potato



BBQ Seasoning



Brown Sugar



Garlic, cloves



Worcestershire
Sauce



Green Beans



Dill-Garlic Spice
Blend



Sour Cream



BBQ Sauce

HELLO BBQ SEASONING

This spice is the perfect blend of sweet, savoury and smoky!

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, measuring cups, 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	2 tbsp	4 tbsp
Garlic, cloves	1	2
Worcestershire Sauce	1 tbsp	2 tbsp
Green Beans	170 g	340 g
Dill-Garlic Spice Blend	1 tsp	2 tsp
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 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 potatoes

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



Cook green beans

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **green beans** and **¼ cup water** (dbl for 4 ppl). Cook, stirring occasionally, until **water** evaporates, 4-5 min.
- Add **1 tbsp butter** (dbl for 4 ppl). Cook, stirring often, until **green beans** are tender-crisp, 1 min.
- Season with **salt** and **pepper**, to taste.



Prep and roast pork

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



Finish and serve

- In a small bowl, stir together **sour cream** and **Dill-Garlic Spice Blend**. Season with **salt** and **pepper**, to taste.
- Thinly slice **pork**.
- Divide **pork**, **sweet potatoes** and **green beans** between plates.
- Drizzle **BBQ sauce** over **pork**.
- Serve **dill-garlic sour cream** on the side for dipping.



Prep and make bbq sauce

- Meanwhile, 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.

Dinner Solved!