



Golden Breaded Pork

with Broccoli and Garlicky Mayo

Family Friendly 30 Minutes



Pork Chops, boneless



Sweet Potato, fries



Broccoli, florets



Garlic Puree



Panko Breadcrumbs



Mayonnaise



BBQ Seasoning



Onion, sliced

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.

Garlic Guide for Step 2 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Extra: 1 tsp

Bust out

2 Baking sheets, measuring spoons, parchment paper, 2 small bowls, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Sweet Potato, fries	340 g	680 g
Broccoli, florets	227 g	454 g
Garlic Puree	1 tbsp	2 tbsp
Panko Breadcrumbs	½ cup	1 cup
Mayonnaise	4 tbsp	8 tbsp
BBQ Seasoning	2 tbsp	4 tbsp
Onion, sliced	56 g	113 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 potatoes

Add **sweet potatoes** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt, pepper** and **half the BBQ Seasoning**, then toss to coat. Roast in the **middle** of the oven, flipping halfway through, until golden-brown and tender, 22-24 min.



Cook pork

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil**, then **pork**. Pan-fry until golden-brown, 1-2 min per side. (**NOTE:** Cook in two batches for 4 ppl, using ½ tbsp oil for each batch!) Transfer **pork** to another parchment-lined baking sheet. Spread **remaining mayo** evenly over tops of **pork**, then top with **panko mixture**, pressing gently to adhere. Roast **pork** in the **top** of the oven until cooked through, 8-10 min.**



Prep

While **sweet potatoes** roast, add **6 tbsp mayo** (dbl for 4 ppl) and **¼ tsp garlic puree** to a small bowl. (**NOTE:** Reference garlic guide.) Season with **salt** and **pepper**, then stir to combine.



Cook veggies

While pork roasts, heat the same pan over medium. When hot, add **broccoli, onions** and **3 tbsp water** (dbl for 4 ppl). Season with **salt** and **pepper**. Cook, stirring occasionally, until tender-crisp, 4-5 min. Add **½ tbsp oil** (dbl for 4 ppl) and **remaining garlic puree**. Cook, stirring often, until fragrant, 1 min.



Prep pork

Combine **panko** and **½ tbsp oil** (dbl for 4 ppl) in another small bowl. Pat **pork** dry with paper towels. Carefully slice **each pork chop** in half through the centre, parallel to the cutting board. (**NOTE:** You will have 4 pieces of pork for 2 ppl and 8 pieces for 4 ppl.) Season with **salt** and **remaining BBQ Seasoning**.



Finish and serve

Slice **pork**. Divide **pork, sweet potatoes** and **veggies** between plates. Serve **garlicky mayo** on the side for dipping.

Dinner Solved!