



Parmesan Crusted Pork Chops

with Roasted Veggies and Sweet Potato Mash

Family Friendly

35 Minutes



Pork Chops,
boneless



Parmesan Cheese



Italian Breadcrumbs



Sweet Bell Pepper



Green Beans



Sweet Potato



Mayonnaise

HELLO PARMESAN CRUSTED PORK

Skip the deep-frying with our baked version of this Italian-American classic!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust Out

Baking sheet, vegetable peeler, measuring spoons, potato masher, shallow dish, colander, parchment paper, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Parmesan Cheese	¼ cup	¼ cup
Italian Breadcrumbs	¼ cup	½ cup
Sweet Bell Pepper	160 g	320 g
Green Beans	170 g	340 g
Sweet Potato	340 g	680 g
Mayonnaise	2 tbsp	4 tbsp
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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Boil sweet potatoes

Peel, then cut **sweet potatoes** into ½-inch pieces. Combine **sweet potatoes**, **1 tsp salt** (dbl for 4 ppl) and enough **water** to cover (approx. 1-2 inches) in a large pot. (**NOTE:** Use same for 4 ppl.) Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, uncovered, until fork-tender, 10-12 min.



Cook pork

While **veggies** roast, coat **pork** all over with thin layer of **mayo**. Working with **one piece of pork** at a time, firmly press both sides into **breadcrumb mixture** to coat completely. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil**, then **pork**. Pan-fry until golden-brown and cooked through, 3-4 min per side. **** (NOTE:** Don't overcrowd the pan; cook pork in 2 batches for 4 ppl, using 1 tbsp oil for each batch!) Transfer to a plate and cover to keep warm.



Prep

While **sweet potatoes** cook, core, then cut **pepper** into ½-inch slices. Trim **green beans**. Combine **breadcrumbs** and **Parmesan** in a shallow dish. Pat **pork chops** dry with paper towels. Carefully slice **each pork chop** through the centre, parallel to the board. Cut straight through to the other end. (**NOTE:** You will have 4 pork pieces for 2 ppl and 8 pieces for 4 ppl.)



Mash sweet potatoes

When **sweet potatoes** are fork-tender, drain and return to the same pot. Using a masher, mash **1 ½ tbsp butter** (dbl for 4 ppl) into **potatoes** until smooth. Season with **salt** and **pepper**.



Roast veggies

Add **peppers**, **green beans** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine. Roast in the **middle** of the oven until tender-crisp, 13-15 min.



Finish and serve

Divide **sweet potato mash**, **Parmesan crusted pork** and **roasted veggies** between plates.

Dinner Solved!