



# Parmesan-Crusted Pork Chops

with Roasted Veggies and Sweet Potato Mash

Family Friendly

35 Minutes



Pork Chops, boneless



Italian Breadcrumbs



Sweet Bell Pepper



Green Beans



Sweet Potato



Mayonnaise



Parmesan Cheese, shredded

## 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

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

## Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
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
Parmesan Cheese, shredded	¼ cup	½ cup
Unsalted Butter*	1½ tbsp	3 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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## Cook sweet potatoes

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



## Coat pork

While **veggies** roast, 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.) Coat **pork** all over with **mayo**. Working with **one piece of pork** at a time, firmly press both sides into **breadcrumb mixture** to coat completely.



## Prep

While **sweet potatoes** cook, core, then cut **pepper** into ½-inch slices. Trim **green beans**. Combine **breadcrumbs** and **Parmesan** in a shallow dish.



## Cook pork

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil**, then the **pork**. Pan-fry, until golden-brown, 2-3 min per side. (**NOTE:** Don't overcrowd the pan. Cook in batches for 4 ppl, using 1 tbsp oil per batch). Transfer to another parchment-lined baking sheet. Roast in the **top** of the oven until cooked through, 5-6 min.\*\*



## 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 **veggies** are tender-crisp, 14-17 min.



## Finish and serve

When **sweet potatoes** are fork-tender, drain and return them to the same pot, off heat. Mash **1 ½ tbsp butter** (dbl for 4 ppl) into **potatoes** until smooth. Season with **salt** and **pepper**. Divide **sweet potato mash**, **Parmesan-crusted pork chops** and **roasted veggies** between plates.

## Dinner Solved!