



# Parmesan-Crusted Pork Chops

with Roasted Veggies and Sweet Potato Mash

30-40 Minutes



**CUSTOM RECIPE**

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!



Pork Chops, boneless



Chicken Breasts



Italian Breadcrumbs



Carrot



Green Beans



Sweet Potato



Mayonnaise



Parmesan Cheese, shredded

HELLO PARMESAN-CRUSTED PORK

*Skip the deep-frying with our baked version of this 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
Chicken Breasts*	2	4
Italian Breadcrumbs	¼ cup	½ cup
Carrot	170 g	340 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*	2 tbsp	4 tbsp
Milk*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook chicken and pork to minimum internal temperatures of 74°C/165°F and 71°C/160°F, respectively.

• Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## 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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## Cook sweet potatoes

- Peel, then cut **sweet potatoes** into 1-inch pieces.
- Add **sweet potatoes**, **1 tsp salt** (dbl for 4 ppl) and **enough water** to cover (by approx. 1-2 inches) to 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

- Meanwhile, 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 **pepper**.
- 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.

If you've opted to get **chicken breasts**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **pork chops**.



## Prep

- Meanwhile, peel, then cut **carrot** into ¼-inch half-moons.
- 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 **pork**. (**NOTE:** Don't overcrowd the pan. Cook in batches for 4 ppl, using 1 tbsp oil per batch.)
- Pan-fry until golden-brown, 3-4 min per side.
- Transfer **pork** to another parchment-lined baking sheet.
- Roast in the **top** of the oven until cooked through, 5-7 min.\*\*



## Roast veggies

- Add **carrots**, **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 **2 tbsp butter** and **2 tbsp milk** (dbl both for 4 ppl) into **sweet potatoes** until smooth. Season with **½ tsp salt** (dbl for 4 ppl) and **pepper**, to taste.
- Divide **sweet potato mash**, **Parmesan-crusted pork chops** and **roasted veggies** between plates.

## Dinner Solved!