



Smart Chipotle Glazed Pork Chops

with Warm Green Bean Potato Salad

Carb Smart

Calorie Smart

35 Minutes



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Pork Chops,
boneless



BBQ Seasoning



Chipotle Sauce



Red Potato



Green Beans



Dill Pickle,
sliced



Garlic,
cloves



Green Onion



Mayonnaise



Whole Grain Mustard

HELLO CHIPOTLE SAUCE

An effortless way to add sweet smoky heat to any dish!

Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Baking sheet, colander, measuring spoons, aluminum foil, 2 small bowls, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
BBQ Seasoning	1 tbsp	2 tbsp
Chipotle Sauce 🍷	2 tbsp	4 tbsp
Red Potato	350 g	700 g
Green Beans	170 g	340 g
Dill Pickle, sliced	90 ml	90 ml
Garlic, cloves	1	2
Green Onion	1	2
Mayonnaise	2 tbsp	4 tbsp
Whole Grain Mustard	1 tbsp	2 tbsp
Sugar*	½ tsp	1 tsp
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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1



Cook potatoes

- Cut **potatoes** into 1-inch pieces.
- Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium-high. Simmer uncovered until almost fork-tender, 8-9 min. (**NOTE:** Potatoes will finish cooking in step 3.)

4



Finish prep and make dressing

- Meanwhile, drain **pickles**, reserving **pickle juice**, then finely chop.
- Thinly slice **green onion**.
- Peel, then mince or grate **garlic**.
- Combine **mayo**, **mustard**, **reserved pickle juice**, **garlic** and **½ tsp** (1 tsp) **sugar** in another small bowl.

2



Sear and broil pork chops

- Meanwhile, heat a large non-stick pan over medium heat.
- While the pan heats, pat **pork chops** dry with paper towels. Season with **salt**, **pepper** and **BBQ Seasoning**.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **pork**. Cook until golden-brown, 2 min per side.
- Transfer **pork** to a foil-lined baking sheet.
- Reserve **half the chipotle sauce** in a small bowl. Spread **remaining chipotle sauce** over **pork**.
- Broil in the **middle** of the oven until **pork** is lightly charred and cooked through, 5-6 min.**

5



Finish potato salad and make chipotle drizzle

- Add **pickles**, **mayo dressing** and **half the green onions** to the pot with **potatoes** and **green beans**. Season with **salt** and **pepper**, to taste, then stir to combine.
- Add **any pork juices** from the baking sheet to the small bowl with **reserved chipotle sauce**, then stir to combine.

3



Prep and cook green beans

- Meanwhile, trim **green beans**, then cut into 1-inch pieces.
- When **potatoes** have boiled for 8-9 min, add **green beans** to the pot with **potatoes**. Cook until **potatoes** and **green beans** are fork-tender, 3-4 min.
- Drain and return **potatoes** and **green beans** to the same pot, off heat.

6



Finish and serve

- Thinly slice **pork chops**.
- Divide **pork chops** and **potato salad** between plates.
- Spoon **chipotle drizzle** over **pork chops**.
- Sprinkle **remaining green onions** over plate.

Dinner Solved!