



Speedy BBQ Pork and Pepper Braised Beans with Buttery Toasties

25 Minutes

Customized Protein **+** Add **↻** Swap or ***2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Pork Chops, boneless
680 g | 1360 g



Pork Chops, boneless
340 g | 680 g



Cannellini Beans
398 ml | 796 ml



Ciabatta Roll
1 | 2



Mirepoix
113 g | 227 g



Hot Pepper
1 | 2



Baby Spinach
28 g | 56 g



BBQ Sauce
4 tbsp | 8 tbsp



Tomato Sauce Base
2 tbsp | 4 tbsp



Cream Sauce Spice Blend
1 tbsp | 2 tbsp



Vegetable Stock Powder
1 tbsp | 2 tbsp

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.

Pantry items | Sugar, unsalted butter, oil, salt, pepper

Cooking utensils | Baking sheet, measuring spoons, shallow dish, aluminum foil, small bowl, measuring cups, large non-stick pan, paper towels

1



Sear pork

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

×2 Double | **Pork Chops, boneless**

- Line a baking sheet with aluminum foil.
- Heat a large non-stick pan over medium-high heat.
- While pan heats, pat **pork** dry with paper towels. Season with **salt** and **pepper**.
- Add **pork** and **half the Cream Sauce Spice Blend** to a shallow dish, then toss to coat.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **pork**. Sear, flipping halfway through, until golden-brown, 4-5 min (**TIP**: Pork will finish cooking in step 2).
- Transfer **pork** to one side of the prepared baking sheet, reserving **fat** in the pan. Spoon **1 tbsp BBQ sauce** over **each pork chop**.

4



Finish prep

- When **pork chops** are finished, transfer to a cutting board to rest.
- Stir **peppers** into the pan with **beans**.
- Cut **ciabatta** into ½-inch-wide slices lengthwise.
- Add **1 tbsp** (2 tbsp) **butter** to a small microwave-safe bowl. Melt in the microwave, 30 sec.

2



Broil peppers and pork

- Meanwhile, core, then cut **peppers** into ½-inch pieces, removing seeds for less heat. (**TIP**: We suggest using gloves when prepping hot peppers!)
- Add **peppers** and ½ **tbsp** (1 **tbsp**) **oil** to the other side of the baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Broil **pork** and **peppers** in the **middle** of the oven, until **peppers** are lightly charred and **pork** is cooked through, 5-7 min.**

5



Make toasties

- Discard aluminum foil, then arrange **ciabatta slices** on the same baking sheet used to broil **pork** and **peppers**. Spoon **melted butter** over **ciabatta slices**. Season with **salt** and **pepper**.
- Broil in the **middle** of the oven until golden-brown, 1-2 min. (**TIP**: Keep your eye on toasties so they don't burn!)

3



Cook beans

- Meanwhile, reheat the pan with **reserved pork fat** (from step 1) over medium. When hot, add **mirepoix**. Cook, stirring often, until golden and beginning to soften, 1-2 min. Sprinkle **remaining Cream Sauce Spice Blend** over top, then stir to coat.
- Add **beans** along with **liquid, stock powder, tomato sauce base, remaining BBQ sauce, ⅓ cup** (⅔ cup) **water** and ¼ **tsp** (½ **tsp**) **sugar**.
- Bring to a boil over high, then reduce heat to medium. Cook, stirring occasionally, until **sauce** thickens slightly, 2-4 min.

6



Finish and serve

- Meanwhile, add **spinach** to the pan with **beans**. Stir until **spinach** wilts, 30 sec.
- Thinly slice **pork**.
- Divide **beans** and **pork** between bowls.
- Serve **toasties** alongside for dipping.

Measurements
within steps

1 **tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

1 | Sear pork

×2 Double | **Pork Chops, boneless**

If you've opted for double **pork**, prepare, cook and plate it in the same way the recipe instructs you to prepare and cook the regular portion of **pork**.** Work in batches, if necessary.

** Cook to a minimum internal temperature of 71°C/160°F, as size may vary.



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