

### **INGREDIENTS**

2 PERSON | 4 PERSON



Sweet Potatoes





Sour Cream Contains: Milk







6 oz | 12 oz Green Beans



Lemon



Honey



1 TBSP | 2 TBSP Sweet and Smoky **BBQ** Seasoning



1tsp | 1tsp Chili Flakes

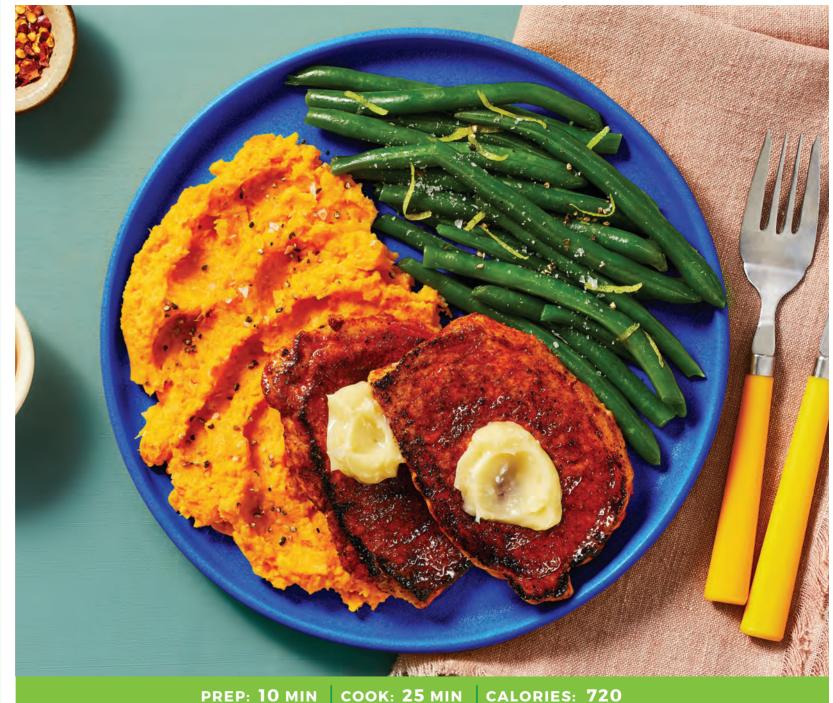
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## **SWEET AND SMOKY BBQ SEASONING**

A blend of smoked paprika, mustard, cumin, and ginger gives pork comforting, down-home flavor.

# **HONEY-BUTTER BBQ PORK CUTLETS**

with Mashed Sweet Potatoes & Lemony Green Beans





#### SUPER SEAR

Why do we always ask you to pat your pork dry with paper towels? Blotting out as much moisture as possible allows the seasonings to really stick and ensures even browning once the cutlets hit the hot pan for deliciously crispy, caramelized edges.

#### **BUST OUT**

- Peeler
- Zester
- Medium pot
- Strainer
- Potato masher
- Small bowl
- Paper towels
- Large pan
- Medium bowl
- Kosher salt
- Black pepper
- Vegetable oil (2 tsp | 2 tsp)
- Butter (4 TBSP | 7 TBSP) Contains: Milk

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\* Pork is fully cooked when internal temperature reaches 145°.



#### 1 PREP

- Wash and dry all produce (except green beans).
- Peel and dice **sweet potatoes** into ½-inch pieces. Zest and quarter lemon.



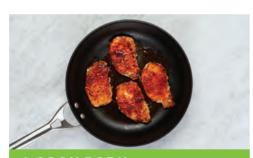
#### **2 MAKE MASHED POTATOES**

- Place **sweet potatoes** in a medium pot with enough salted water to cover by 2 inches. Cover, bring to a boil, and cook until tender, 15-20 minutes.
- Drain and return sweet potatoes to pot. Mash with sour cream and 1 TBSP butter (2 TBSP for 4 servings) until smooth. Season with salt and pepper.
- Keep covered off heat until ready to serve.



#### **3 MAKE HONEY BUTTER**

- While sweet potatoes cook, place 2 TBSP butter (4 TBSP for 4 servings) in a small microwave-safe bowl. Microwave in 5-second intervals until iust softened, about 15 seconds total.
- Stir in honey and a pinch of salt.



#### **4 COOK PORK**

- Pat pork\* dry with paper towels. Season lightly with salt and pepper, then rub all over with BBQ Seasoning.
- Heat a large drizzle of oil in a large pan over medium-high heat. Add pork and cook until browned and cooked through, 2-3 minutes per side. (For 4 servings, cook in batches if necessary.) Turn off heat.



#### **5 COOK GREEN BEANS**

- While pork cooks, pierce green bean bag with a fork; place bag on a plate. Microwave until tender. 1-2 minutes. TIP: No microwave? No problem! Steam beans in a small pot with a splash of water until just tender, 5-7 minutes.
- Carefully transfer beans to a medium bowl and toss with lemon zest. 1 TBSP butter, a squeeze of lemon juice, and a big pinch of salt and pepper.



#### 6 SERVE

• Divide sweet potatoes and green **beans** between plates. Top sweet potatoes with **pork** and dollop pork with honey butter. Sprinkle with chili flakes if desired. Serve with remaining lemon wedges on the side.