



HONEY-BUTTER BBQ PORK CUTLETS

with Mashed Sweet Potatoes & Lemony Green Beans

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4
Sweet Potatoes



1 | 1
Lemon



2 TBSP | 4 TBSP
Sour Cream
Contains: Milk



2 tsp | 4 tsp
Honey



12 oz | 24 oz
Pork Cutlets



1 TBSP | 2 TBSP
Sweet and Smoky
BBQ Seasoning



6 oz | 12 oz
Green Beans



1 tsp | 1 tsp
Chili Flakes

HELLO

SWEET AND SMOKY BBQ SEASONING

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



PREP: 10 MIN | COOK: 25 MIN | CALORIES: 720



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

GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663
HelloFresh.com



1 PREP

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



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.



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.



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**.



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 just softened, about 15 seconds total.
- Stir in **honey** and a **pinch of salt**.



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.

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