

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4 Sweet Potatoes



2 TBSP | 4 TBSI Sour Cream



12 oz | 24 oz Pork Cutlets



8 oz | 16 oz Broccoli Florets



1 | 1 Lemon



tsp | 4 tsp Honey



1 TBSP | 2 TBSP Sweet and Smoky BBQ Seasoning



1 tsp | 1 tsp Chili Flakes

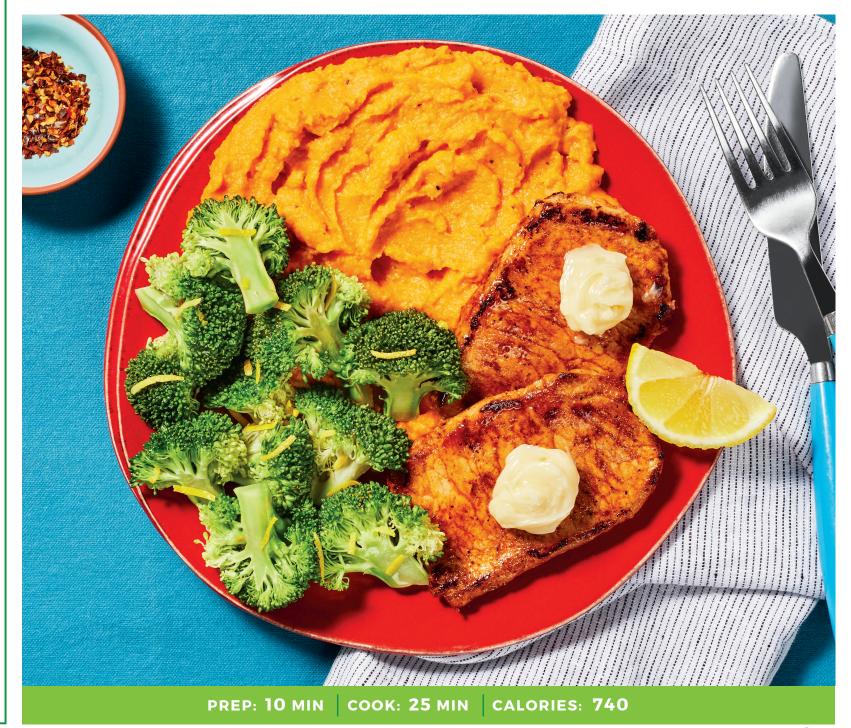
HELLO

SWEET AND SMOKY BBQ SEASONING

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

HONEY-BUTTER BBQ PORK CUTLETS

with Mashed Sweet Potatoes & Broccoli



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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
- Large bowl
- Plastic wrap
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Butter (4 TBSP | 8 TBSP) Contains: Milk

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



1 PREP

- · Wash and dry all produce.
- 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 just 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 BROCCOLI

- While pork cooks, place broccoli in a large microwave-safe bowl. Cover with plastic wrap and poke a few holes in wrap. Microwave until tender, 1-2 minutes. TIP: No microwave? No problem! Steam broccoli in a medium pot of salted water until tender. 2-4 minutes; drain.
- Carefully uncover (watch out for steam!) and toss broccoli with lemon zest, juice from one lemon wedge (two wedges for 4 servings), 1 TBSP butter (2 TBSP for 4), and a big pinch of salt and pepper.



6 SERVE

• Divide sweet potatoes and broccoli 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.