



# HONEY-BUTTER BBQ PORK CUTLETS

with Mashed Sweet Potatoes & Broccoli

## 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



8 oz | 16 oz  
Broccoli Florets



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: 740





# HELLO FRESH

## 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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### 1 PREP

- Wash and dry all produce.
- 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 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**.



### 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 **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.

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