



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



HelloCustom

2 PERSON | 4 PERSON

If you chose a different protein or veggie when placing your order, follow the **HelloCustom** instructions on the flip side of this card to learn how to modify your meal.



10 oz | 20 oz
Bavette Steak

Calories: 890



PREP: 10 MIN | COOK: 25 MIN | CALORIES: 740



HELLO

SWEET AND SMOKY BBQ SEASONING

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

BUTTER BELIEVE IT

In step 3, you'll make a compound butter. This one has honey, but the sky's the limit when it comes to flavor pairings! Try lemon zest + parsley for stirring into rice.

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



1 PREP

- Wash and dry 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.

- Swap in **steak*** for pork; cook to desired doneness, 5-7 minutes per side. Transfer to a cutting board to rest for at least 5 minutes.



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 bowl with plastic wrap and poke a few holes in wrap. Microwave until tender, 1-2 minutes. **TIP: No microwave? No problem! Cook 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, broccoli,** and **pork** between plates; dollop pork with **honey butter**. Sprinkle with **chili flakes** if desired. Serve with **remaining lemon wedges** on the side.

-  Thinly slice **steak** against the grain.

WK 20-22