

# **INGREDIENTS**

2 PERSON | 4 PERSON



Sweet Potatoes



2 tsp | 4 tsp Honey



8 oz | 16 oz Broccoli Florets



Lemon



2 TBSP | 4 TBSP Sour Cream Contains: Milk



1 TBSP | 2 TBSP Sweet and Smoky BBQ Seasoning

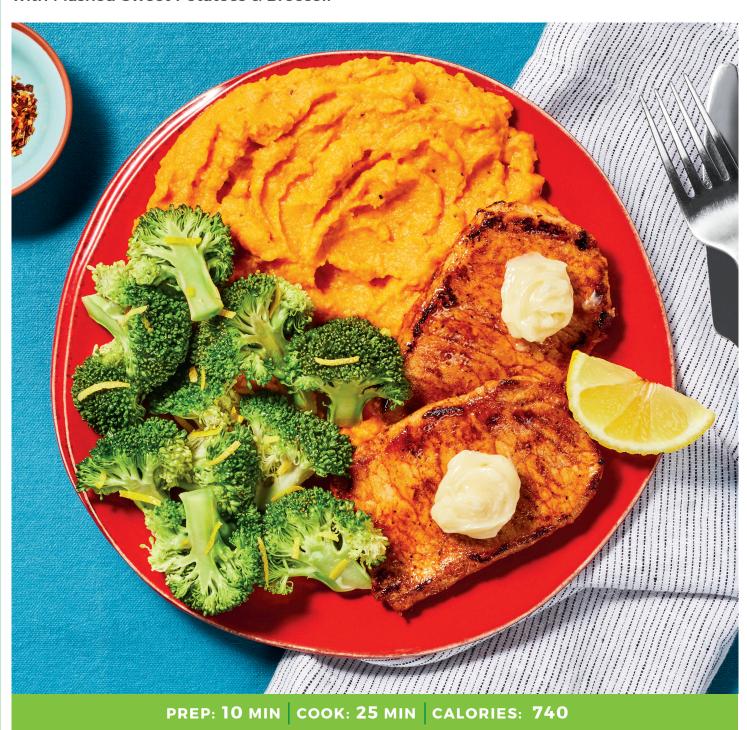


12 oz | 24 oz Pork Cutlets

1 tsp | 1 tsp Chili Flakes

# **HONEY-BUTTER BBQ PORK CUTLETS**

with Mashed Sweet Potatoes & Broccoli



# **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



Galories: 890



# **HELLO**

# **SWEET AND SMOKY BBO 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°.





## 1 PREP

- · Wash and dry 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.
- 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.



- 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
- 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.

medium pot of salted water until

tender, 2-4 minutes; drain.



- 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.
- Chinly slice steak against the grain.