



# HONEY-BUTTER BBQ PORK CUTLETS

with Mashed Sweet Potatoes & Broccoli

## INGREDIENTS

2 PERSON | 4 PERSON



2 | 4  
Sweet Potatoes



1 | 1  
Lemon



1½ TBSP | 3 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



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!



## HELLO

### SWEET AND SMOKY BBQ SEASONING

A blend of smoked paprika, mustard,  
cumin, and ginger



PREP: 10 MIN | COOK: 25 MIN | CALORIES: 730





### GET IT DOWN PAT

Blotting out moisture on the pork helps seasonings stick and ensures even browning once the cutlets hit the pan, creating a deliciously caramelized crust.

### 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

### GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663  
HelloFresh.com



### 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.



### 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**.



### 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.

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