

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!

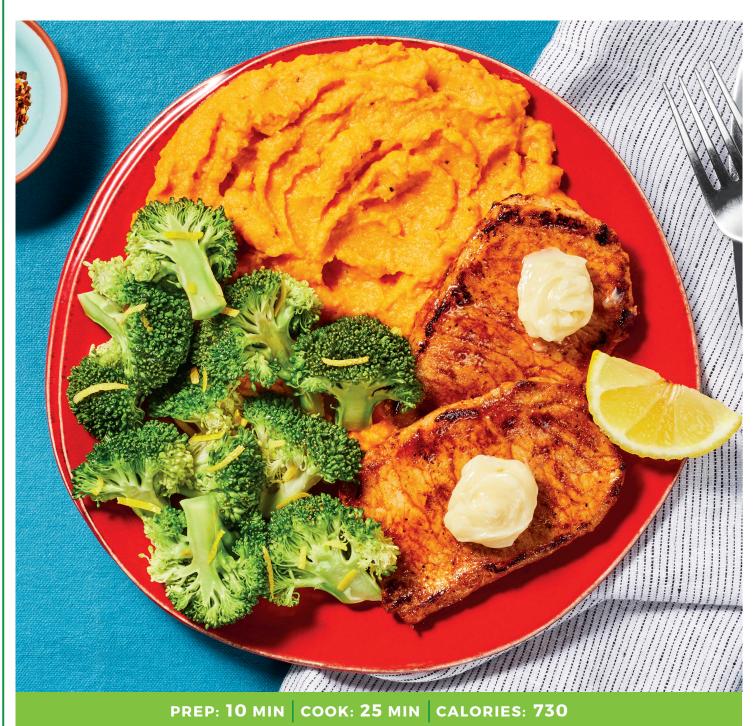
HELLO

SWEET AND SMOKY BBQ SEASONING

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

HONEY-BUTTER BBQ PORK CUTLETS

with Mashed Sweet Potatoes & Broccoli



55



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
- Small bowl
- Zester
- Paper towels
- Medium pot
- Large pan
- Strainer
- Large bowl
- Potato masher
- 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.



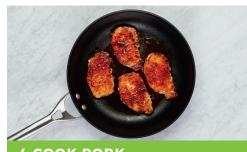
2 MAKE MASHED POTATOES

- 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.



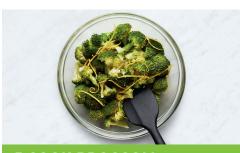
3 MAKE HONEY BUTTER

- 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 BBO 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.



• 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.