



## INGREDIENTS

2 PERSON | 4 PERSON



2 | 4  
Scallions



6 oz | 12 oz  
Green Beans



1 | 2  
Lemon



2 | 4  
Sweet Potatoes



2 Cloves | 4 Cloves  
Garlic



2 TBSP | 4 TBSP  
Brown Sugar



10 oz | 20 oz  
Pork Chops



4 TBSP | 8 TBSP  
Katsu Sauce  
Contains: Soy, Wheat



2 TBSP | 4 TBSP  
Soy Sauce  
Contains: Soy, Wheat



1 TBSP | 1 TBSP  
Sesame Seeds  
Contains: Sesame



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HELLO

## KATSU SAUCE

A thick, sweet, tangy sauce typically used for a  
Japanese breaded cutlet dish, *tonkatsu*

# KATSU-GLAZED PORK CHOPS

with Candied Sweet Potatoes & Garlicky Green Beans



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 640





## PROPOSING A TOAST

If you have a few extra minutes, toast the sesame seeds in a small, dry pan until golden to bring out their nuttiness.

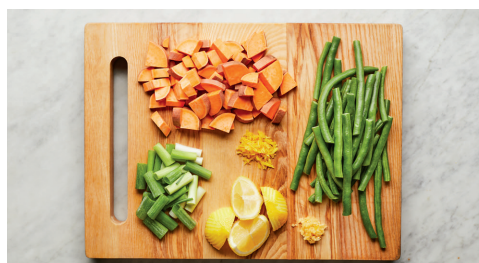
## BUST OUT

- Zester
- Baking sheet
- Medium bowl
- Large pan
- Aluminum foil
- Paper towels
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Butter (1½ TBSP | 3 TBSP)  
Contains: Milk

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### 1 PREP

- Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry produce.**
- Quarter **sweet potatoes** lengthwise; lay flat and cut crosswise into ¼-inch-thick pieces. Trim **scallions** and cut crosswise into 1-inch pieces. Trim **green beans** if necessary. Peel and mince or grate **garlic**. Zest and quarter **lemon**.



### 4 COOK PORK

- Pat **pork\*** dry with paper towels and season all over with **salt** and **pepper**. Heat a **drizzle of oil** in same pan over medium-high heat. Add pork and cook until browned and cooked through, 2-3 minutes per side. **TIP: If pork is on the thicker side, reduce heat to medium; cover and cook 2-4 minutes more per side.**
- Turn heat down to low; transfer pork to a cutting board to rest.



### 2 ROAST SWEET POTATOES

- In a medium bowl, toss **sweet potatoes** with a **drizzle of oil**, **brown sugar**, and **salt** until coated.
- Spread out on a foil-lined baking sheet and roast on top rack until browned and tender, 18-20 minutes.



### 5 MAKE GLAZE & FINISH PORK

- Melt 1½ TBSP **butter** (3 TBSP for 4 servings) in same pan. Increase heat to medium high and stir in **katsu sauce**, **soy sauce**, ¼ cup **water**, and **juice from one lemon wedge** (½ cup water and juice from two wedges for 4).
- Cook, stirring constantly, until mixture begins to thicken, 2-4 minutes. Return **pork chops** to pan; use a spoon to coat pork with **katsu glaze**.



### 3 CHAR GREEN BEANS

- Meanwhile, heat a **drizzle of oil** in a large pan over medium-high heat. Add **scallions** and **green beans**; cook, stirring occasionally, until veggies are slightly charred and cooked through, 6-8 minutes. Turn off heat. Add **garlic** and stir until fragrant, 30 seconds. Season with **salt** and **pepper**.
- Turn off heat; transfer to a plate. Wipe out pan.



### 6 FINISH & SERVE

- Divide **pork chops**, **sweet potatoes**, and **green beans** between plates.
- Drizzle any **remaining katsu glaze** over sweet potatoes; top with **half the sesame seeds** (all for 4 servings). Sprinkle green beans with **lemon zest**. Serve with **remaining lemon wedges** on the side.

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