



HONEY-BUTTER BBQ PORK CHOPS

with Mashed Sweet Potatoes & Lemony Green Beans

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



10 oz | 20 oz

Pork Chops



1 TBSP | 2 TBSP

Sweet and Smoky
BBQ Seasoning



6 oz | 12 oz

Green Beans



1 tsp | 1 tsp

Chili Flakes



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THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the
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10 oz | 20 oz

Chicken Cutlets

Calories: 590



PREP: 10 MIN | COOK: 25 MIN | CALORIES: 630



HELLO

SWEET AND SMOKY BBQ SEASONING

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

A PAT ABOVE

Why do we always ask you to pat your pork dry with paper towels? Blotting out as much moisture as possible allows the seasonings to really stick, and ensures even browning once the meat hits the hot pan for deliciously crispy, caramelized edges.

BUST OUT

- Peeler
- Zester
- Medium pot
- Strainer
- Potato masher
- Small bowl
- Paper towels
- Large pan
- Medium bowl
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Butter (3 TBSP | 6 TBSP)
Contains: Milk

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1 PREP

- Wash and dry produce (except green beans).
- Peel and dice sweet potatoes into ½-inch pieces. Zest and quarter lemon.



2 MASH SWEET 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. Add sour cream and ½ TBSP butter (1 TBSP for 4 servings); mash 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 until softened, 10-15 seconds.
- 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 drizzle of oil in a large pan over medium-high heat. Add pork and cook until browned and cooked through, 4-6 minutes per side.

🔄 Swap in chicken* for pork. Cook until cooked through, 4-6 minutes per side.



5 COOK GREEN BEANS

- While pork cooks, pierce green bean bag with a fork; place bag on a plate. Microwave until tender, 1-2 minutes. TIP: No microwave? No problem! Steam green beans in a small pot with a splash of water until just tender, 5-7 minutes.
- Carefully transfer green beans to a medium bowl and toss with lemon zest, ½ TBSP butter, a squeeze of lemon juice, and a big pinch of salt and pepper.



6 FINISH & SERVE

- Divide mashed sweet potatoes and green beans between plates. Top mashed sweet potatoes with pork. Dollop pork with honey butter and sprinkle with chili flakes if desired.
- Serve with remaining lemon wedges on the side.

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

🔄 *Chicken is fully cooked when internal temperature reaches 165°.