



HONEY-BUTTER BBQ PORK CUTLETS

with Mashed Sweet Potatoes & Lemony Green Beans



HELLO

SWEET AND SMOKY BBQ SEASONING

A blend of smoked paprika, mustard, cumin, and ginger gives pork comforting, down-home flavor.

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



Sweet Potatoes



Honey



Sweet and Smoky BBQ Seasoning



Sour Cream
(Contains: Milk)



Lemon



Pork Cutlets



Green Beans



Chili Flakes

START STRONG

We like using a microplane or dedicated zester for zesting citrus. If you don't have one, use a peeler or paring knife to remove just the yellow surface layer from the lemon, then mince it.

BUST OUT

- Peeler
- Zester
- Medium pot
- Strainer
- Potato masher
- Small bowl
- Vegetable oil (2 tsp | 2 tsp)
- Butter (4 TBSP | 7 TBSP)
(Contains: Milk)
- Paper towels
- Large pan
- Medium bowl
- Kosher salt
- Black pepper

INGREDIENTS

Ingredient 2-person | 4-person

- Sweet Potatoes 2 | 4
- Lemon 1 | 1
- Sour Cream 2 TBSP | 4 TBSP
- Honey 2 tsp | 4 tsp
- Pork Cutlets* 12 oz | 24 oz
- Sweet and Smoky BBQ Seasoning 1 TBSP | 2 TBSP
- Green Beans 6 oz | 12 oz
- Chili Flakes 1 tsp | 1 tsp

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



1 PREP

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



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.

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2 MAKE MASHED 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. Mash off heat with **sour cream** and **1 TBSP butter** (2 TBSP for 4 servings) until smooth. Season with **salt** and **pepper**. Cover to keep warm.



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 beans in a small pot with a splash of water until just tender, 5-7 minutes.) Carefully transfer beans to a medium bowl and toss with **lemon zest**, juice from **1 lemon wedge** (2 wedges for 4 servings), **1 TBSP butter**, and a big pinch of **salt** and **pepper**.



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**.



6 SERVE

Divide **sweet potatoes** and **green beans** between plates. Top sweet potatoes with **pork** and dollop with **honey butter**. Sprinkle with **chili flakes** if desired. Serve with remaining **lemon wedges** on the side.

BEE-AUTIFUL

Loved this sweet butter? Try making it again as a breakfast spread for toast, scones, or waffles!

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