



MAPLE-GLAZED PORK CHOPS

with a Sweet Potato Mash and Garlicky Green Beans



HELLO

MAPLE PORK CHOPS

Pork shows its sweet side with a thick maple syrup glaze.

PREP: 5 MIN | **TOTAL: 30 MIN** | **CALORIES: 710**



Sweet Potatoes



Garlic



Cinnamon



Balsamic Vinegar



Pork Chops



Green Beans



Maple Syrup



Pecans
(Contains: Tree Nuts)

START STRONG

All hands on deck! Let your little ones practice their kitchen skills with tasks like mashing the sweet potatoes in step 4 and sprinkling the nuts in step 6.

BUST OUT

- Peeler
- Large pot
- Slotted spoon
- Large bowl
- Oil (1 TBSP)
- Butter (2½ TBSP)
(Contains: Milk)
- Large pan
- Strainer
- Potato masher

INGREDIENTS

Ingredient 4-person

- Sweet Potatoes 4
- Pork Chops 24 oz
- Garlic 2 Cloves
- Green Beans 12 oz
- Cinnamon 1 tsp
- Maple Syrup 2 oz
- Balsamic Vinegar 3 TBSP
- Pecans 1 oz

HELLO WINE



PAIR WITH
Bonelli's Eagle
Languedoc-la-Clape Rouge, 2016

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1 BOIL SWEET POTATOES

Wash and dry all produce. Peel sweet potatoes, then cut into ½-inch cubes. Place in a large pot with enough water to cover by 1 inch. Bring to a boil and cook until easily pierced by a knife, about 12 minutes. Remove from pot with a slotted spoon. Place in a large bowl, keeping pot of boiling water on stove.



4 MASH SWEET POTATOES

Add 2 TBSP butter, cinnamon, and 1 TBSP maple syrup (we sent more) to bowl with sweet potatoes. Using a potato masher or fork, mash sweet potatoes until mostly smooth. Season with salt and pepper. Set aside. **TIP:** Cover with foil to keep warm.



2 COOK PORK AND PREP

While sweet potatoes cook, heat a large drizzle of oil in a large pan over medium-high heat. Season pork all over with salt and pepper. Add to pan and cook to desired doneness, 4-6 minutes per side. Remove from pan and set aside. Meanwhile, mince 1 clove garlic (use the other as you like).



5 MAKE GLAZE

Heat a drizzle of oil in pan used for pork over medium heat. Add remaining garlic and cook until fragrant, 30 seconds. Pour in 3 TBSP balsamic vinegar (we sent more) and remove pan from heat. Let bubble and reduce until slightly syrupy, about 1 minute. Return pan to medium heat and add remaining maple syrup. Simmer until thick and glaze-like, about 2 minutes.



3 COOK GREEN BEANS

Add green beans to pot with boiling water and cook until tender but still a little crisp, 3-4 minutes. Drain and return to pot along with ½ TBSP butter and a pinch of garlic. Toss until butter melts and coats green beans. Season with salt, pepper, and more garlic (to taste, but save a little for the glaze).



6 FINISH AND SERVE

Add pork to pan and turn to coat in glaze. Remove pan from heat. Divide sweet potatoes, green beans, and pork between plates. Sprinkle sweet potatoes with pecans. Drizzle any remaining glaze over pork and serve.

FRESH TALK

Orange-colored fruits and veggies have lots of vitamins and nutrients. How many of them can you name?

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