



Smart BBQ Pork Chops

with Creamy Slaw and Broccoli

Calorie Smart

Carb Smart

Quick

25 Minutes



Pork Chops,
boneless



Seasoned Salt



BBQ Sauce



Broccoli, florets



Green Cabbage,
shredded



Mayonnaise



Carrot



White Wine Vinegar

HELLO BBQ SAUCE

This sauce is the perfect blend of sweet, savoury and smoky!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, vegetable peeler, measuring spoons, box grater, parchment paper, large non-stick pan, paper towels, large bowl

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Seasoned Salt	½ tbsp	1 tbsp
BBQ Sauce	4 tbsp	8 tbsp
Broccoli, florets	227 g	454 g
Green Cabbage, shredded	113 g	226 g
Mayonnaise	2 tbsp	4 tbsp
Carrot	170 g	340 g
White Wine Vinegar	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F, as size may vary.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Prep

Cut **broccoli** into bite-sized pieces. Peel, then coarsely grate **carrot**.



Make slaw

Meanwhile, add **mayo** and **vinegar** to a large bowl. Season with **salt** and **pepper**, then stir to combine. Add **cabbage** and **carrots**, then toss to combine.



Cook pork

Pat **pork** dry with paper towels, then season with **1 tsp seasoned salt** (dbl for 4 ppl) and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **pork**. Pan-fry until golden-brown, 1-2 min per side. Remove the pan from heat, then transfer **pork** to a parchment-lined baking sheet. Spread **BBQ sauce** onto tops of **pork**. Roast in the **middle** of the oven until cooked through, 8-11 min.** Carefully wipe the pan clean.



Finish and serve

Thinly slice **pork**. Divide **pork**, **broccoli** and **slaw** between plates.

Dinner Solved!



Cook broccoli

Meanwhile, heat the same pan over medium-high. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **broccoli** and **2 tbsp water** (dbl for 4 ppl). Season with **remaining seasoned salt** and **pepper**. Cook, stirring occasionally, until **broccoli** is tender-crisp, 4-5 min.