



SWEET 'N' SMOKY PORK CHOPS

with Sweet Potato Wedges and a Brussels Sprout Hash



HELLO

BRUSSELS SPROUT HASH

The brawny brassica meets sweet apples and cranberries

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 630



Sweet Potato



Granny Smith Apple



Blackening Spice



Dried Cranberries



Brussels Sprouts



Lemon



Pork Chops

START STRONG

To trim Brussels sprouts, slice off the woody stem ends, along with any loose or tough outer leaves.

BUST OUT

- Baking sheet
- Peeler
- Zester
- Shallow dish
- Large pan
- Olive oil (1 TBSP | 2 TBSP)
- Sugar (1 TBSP | 2 TBSP)

INGREDIENTS

Ingredient 2-person | 4-person

- Sweet Potato 1 | 2
- Brussels Sprouts 8 oz | 16 oz
- Granny Smith Apple 1 | 2
- Lemon 1 | 1
- Blackening Spice  1 TBSP | 2 TBSP
- Pork Chops 12 oz | 24 oz
- Dried Cranberries 1 oz | 1 oz

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1 PREP AND ROAST SWEET POTATO

Wash and dry all produce. Preheat oven to 400 degrees. Halve **sweet potato**, then cut into ½-inch-thick wedges. Toss on a baking sheet with a drizzle of **olive oil** and pinch of **salt** and **pepper**. Roast in oven until lightly browned, 20-25 minutes, tossing halfway through.



4 COOK PORK

Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add **pork** and cook to desired doneness, 3-4 minutes per side. Remove from pan and set aside to rest 5 minutes.



2 PREP VEGGIES AND MAKE RUB

Trim **Brussels sprouts**, then halve lengthwise. Thinly slice into shreds. Peel, core, and dice **apple**. Zest and halve **lemon**. In a shallow dish, combine **blackening spice** and **1 TBSP sugar**.



5 COOK BRUSSELS SPROUTS

While pork rests, heat a drizzle of **olive oil** in same pan over medium heat. Add **Brussels sprouts** and **apples**. Cook until Brussels sprouts are browned and apples are tender, 5-6 minutes, tossing occasionally. Stir in **dried cranberries**, a pinch of **lemon zest**, and a squeeze of **lemon juice** (to taste). Season with **salt** and **pepper**.



3 RUB PORK

Season **pork** all over with **salt** and **pepper**. Place in dish with **rub** and toss to coat pork evenly all over (you may have some rub left over).



6 FINISH AND SERVE

Thinly slice **pork** against the grain. Divide **pork**, **sweet potato wedges**, and **Brussels sprout mixture** between plates and serve.

RUB IT IN!

A dash of sugar and spice is the shortcut to delectable pork.