



# 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



Sweet Potato



Granny Smith Apple



Blackening Spice



Dried Cranberries



Brussels Sprouts



Lemon



Pork Chops

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

## 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.