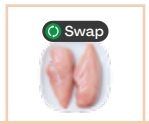




Parmesan Pork Chops

with Roasted Veggies and Sweet Potato Mash

35 Minutes



Chicken Breast ⁺ 2 | 4

Customized Protein **+** Add **↻** Swap **or** **x2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



- Pork Chops, boneless
340 g | 680 g
- Italian Breadcrumbs
4 tbsp | 8 tbsp
- Sweet Bell Pepper
1 | 2
- Green Beans
170 g | 340 g
- Sweet Potato
2 | 4
- Mayonnaise
2 tbsp | 4 tbsp
- Parmesan Cheese, shredded
1/4 cup | 1/2 cup

You have been entered for a chance to win **1 OF 25 FREE VIDA BBQS!**

Keep ordering from the summer menu throughout June to get more chances to win. Every order of a summer menu recipe gets you an entry into the contest.

No Purchase Necessary. Mail-in essay permitted as an alternate form of entry. This contest ("Contest") is sponsored and operated by GDE Grocery Delivery E-Services Canada Inc. ("HelloFresh"). Contest open to individuals legally resident in British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, New Brunswick, Prince Edward Island, Nova Scotia, and Newfoundland and Labrador who are the legal age of majority or older in the province of residence at time of entry. Contest closed to residents of Quebec. Contest begins June 5, 2024 at 9:00 a.m. EST and ends on June 30, 2024 at 11:59 p.m. EST. Skill-testing question required. Odds of winning depends on number of eligible entries. No set number of prizes has been allocated to any particular province or region. Limit six entries per person per week. If entering via eligible purchase, only marked summer recipes are eligible. 25 Prizes: each a Vida by PACE:ENO Essence Series 4-burner Propane Gas BBQ Grill (approx. retail value of \$245.99 CAD). Canadian Tire is not a sponsor, co-sponsor, or administrator of the contest. Full contest rules and details are accessible at [hellofresh.ca/freshsummer](https://www.hellofresh.ca/freshsummer).

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 Call us (855) 272-7002 | Visit us [HelloFresh.ca](https://www.hellofresh.ca) | Follow us @HelloFreshCA

Ingredient quantities 56 g | 113 g
2 person 4 person

Pantry items | Salt, unsalted butter, pepper, milk, oil

Cooking utensils | 2x baking sheet, colander, large non-stick pan, large pot, measuring spoons, paper towels, 2x parchment paper, potato masher, shallow dish, vegetable peeler

1



Cook sweet potatoes

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

- Peel, then cut **sweet potatoes** into 1-inch pieces.
- Add **sweet potatoes**, **1 tsp** (2 tsp) **salt** and **enough water** to cover (by approx. 1-2 inches) to a large pot. Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered until **sweet potatoes** are fork-tender, 10-12 min.

2



Prep

- Meanwhile, core, then cut **pepper** into ½-inch slices.
- Trim **green beans**.
- Combine **breadcrumbs** and **Parmesan** in a shallow dish.

3



Roast veggies

- Add **peppers**, **green beans** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet.
- Season with **salt** and **pepper**, then toss to combine.
- Roast in the **middle** of the oven until **veggies** are tender-crisp, 14-17 min.

4



Coat pork

[Swap](#) | [Chicken Breasts](#)

- Meanwhile, pat **pork** dry with paper towels.
- Carefully slice **each pork chop** in half through the centre, parallel to the cutting board. (**NOTE:** You will have 4 pieces of pork for 2 ppl and 8 pieces for 4 ppl.)
- Coat **pork** all over with **mayo**.
- Working with **one piece of pork** at a time, firmly press both sides into **breadcrumb** mixture to coat completely.

5



Cook pork

[Swap](#) | [Chicken Breasts](#)

- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp oil**, then **pork**. Pan-fry until golden-brown, 2-3 min per side. (**NOTE:** Don't overcrowd the pan. Cook in batches for 4 ppl, using 1 tbsp oil per batch).
- Transfer **pork** to another parchment-lined baking sheet.
- Roast in the **top** of the oven until cooked through, 5-6 min.**

6



Finish and serve

- When **sweet potatoes** are fork-tender, drain and return them to the same pot, off heat.
- Mash **2 tbsp** (4 tbsp) **butter** and **2 tbsp** (4 tbsp) **milk** into **potatoes** until smooth. Season with **½ tsp** (¼ tsp) **salt** and **pepper**, to taste.
- Divide **sweet potato mash**, **Parmesan pork chops** and **roasted veggies** between plates.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

4 | Coat chicken

[Swap](#) | [Chicken Breasts](#)

If you've opted to get chicken breasts, cook them in the same way the recipe instructs you to cook the pork chops.

5 | Cook chicken

[Swap](#) | [Chicken Breasts](#)

If you've opted to get chicken breasts, cook them in the same way the recipe instructs you to cook the pork chops.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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