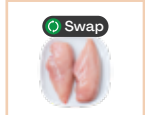




Parmesan Pork Chops

with Roasted Veggies and Sweet Potato Mash

35 Minutes



Chicken
Breasts
2 | 4

↗ Customized Protein + Add ↻ Swap or *2 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

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.

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

Cooking utensils | 2 baking sheets, colander, large non-stick pan, large pot, measuring spoons, paper towels, 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

- 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****

* 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 pork and chicken to minimum internal temperatures of 71°C/160°F and 74°C/165°F, respectively.