



Cal Smart Seared Maple Pork

with Sweet Potato Wedges and Brussels Sprouts

Calorie Smart

Spicy

30 Minutes



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Pork Chops,
boneless



Sweet Potato



Cornstarch



Brussels Sprouts



Garlic, cloves



Maple Syrup



Southwest Spice
Blend



Hot Sauce

HELLO MAPLE SYRUP

Maple syrup helps to highlight the natural sweetness of the pork!

Start here

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

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Heat Guide for Step 5:

- Mild: 1 tsp (2 tsp)
- Medium: 1 ½ tsp (3 tsp)
- Spicy: 3 tsp (6 tsp)

Bust out

Baking sheet, medium bowl, measuring spoons, parchment paper, small bowl, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Sweet Potato	340 g	680 g
Cornstarch	1 tbsp	2 tbsp
Brussels Sprouts	227 g	454 g
Garlic, cloves	1	2
Maple Syrup	2 tbsp	4 tbsp
Southwest Spice Blend	1 tbsp	2 tbsp
Hot Sauce 🌶️	1 ½ tsp	3 tsp
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.



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1



Roast sweet potato wedges

- Cut **sweet potatoes** into ¼-inch wedges.
- Add **sweet potatoes** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 parchment-lined baking sheets, with 1 tbsp oil per sheet.) Season with **Southwest Spice Blend**, **salt** and **pepper**, then toss coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-24 min. (**NOTE:** For 4 ppl, roast in the middle and top of the oven, rotating sheets halfway through.)

4



Cook Brussel sprouts

- Meanwhile, halve **Brussels sprouts** (if larger, quarter them).
- Peel, then mince or grate **garlic**.
- Reheat the same pan over medium.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **Brussels sprouts**. Cook, stirring occasionally, until **Brussels sprouts** are tender-crisp, 6-8 min.
- Add **garlic**. Cook, stirring occasionally, until fragrant, 1 min. Season with **salt** and **pepper**, to taste.

2



Prep pork

- Meanwhile, pat **pork** dry with paper towels.
- Add **cornstarch** and **1/8 tsp** (¼ tsp) **salt** to a medium bowl. Season with **pepper**, then stir to combine.
- Add **pork** to **cornstarch mixture**, then toss to coat.

5



Make spicy maple sauce

- Meanwhile, add **maple syrup** and **1 ½ tsp hot sauce** to a small bowl. (**NOTE:** Reference heat guide.)
- Season with **salt**, then stir to combine.

3



Cook pork

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1/2 tbsp** (1 tbsp) **oil**, then **pork**. Cook, turning occasionally, until golden-brown, 4-5 min.
- Carefully remove the baking sheet with **sweet potatoes** from the oven.
- Push **sweet potatoes** to one side. Transfer **pork** to the other side of the baking sheet. (**NOTE:** For 4 ppl, divide pork between sheets.)
- Roast in the **middle** of the oven until **sweet potatoes** are tender and **pork** is cooked through, 8-10 min.**

6



Finish and serve

- Thinly slice **pork**.
- Divide **pork**, **sweet potato wedges** and **Brussels sprouts** between plates.
- Drizzle **spicy maple sauce** over **pork**.

Dinner Solved!