



Carb Smart BBQ Pork Chops with Creamy Kale Slaw and Green Beans

Carb Smart 25 Minutes



Pork Chops, boneless



BBQ Seasoning



BBQ Sauce



Green Beans



Kale Slaw Mix



Mayonnaise



Carrot



White Wine Vinegar

HELLO KALE

This leafy green from the cabbage family packs a punch of crunch!

Start here

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

Bust out

Baking sheet, vegetable peeler, measuring spoons, box grater, large bowl, parchment paper, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
BBQ Seasoning	1 tbsp	2 tbsp
BBQ Sauce	4 tbsp	8 tbsp
Green Beans	170 g	340 g
Kale Slaw Mix	113 g	227 g
Mayonnaise	4 tbsp	8 tbsp
Carrot	170 g	340 g
White Wine Vinegar	1 tbsp	2 tbsp
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.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

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Prep and make dressing

Trim, then halve **green beans**. Peel, then coarsely grate **carrot**. Whisk together **mayo**, **vinegar** and **half the BBQ Seasoning** in a large bowl. Set aside.



Make slaw

While **green beans** cook, add **kale slaw mix** and **carrots** to the large bowl with dressing. Season with **salt** and **pepper**, then toss to combine.



Cook pork

Pat **pork** dry with paper towels, then season with **remaining BBQ Seasoning**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **pork**. Pan-fry until golden-brown, 1-2 min per side. Remove the pan from heat, then transfer **pork** to a parchment-lined baking sheet. Spread **BBQ sauce** onto tops of **pork**. Roast in the **middle** of the oven until cooked through, 9-11 min. ** Carefully wipe the pan clean.



Finish and serve

Thinly slice **pork**. Divide **pork**, **green beans** and **creamy kale slaw** between plates.



Cook green beans

While **pork** roasts, heat the same pan over medium. When hot, add **green beans** and **3 tbsp water** (dbl for 4 ppl). Season with **salt** and **pepper**. Cook, stirring occasionally, until tender-crisp, 4-5 min.

Dinner Solved!