

# Carb Smart BBQ Pork Plate

with Loaded Sweet Potatoes and Salad

Carb Smart 35 Minutes



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Pork Chops, boneless



Southwest Spice Blend



Sweet Potato

Cheddar Cheese, shredded



Sour Cream

Green Onion

**Baby Spinach** 



**Baby Tomatoes** 

**Red Wine Vinegar** 



**BBQ** Sauce

Yellow Onion



**CUSTOM RECIPE** This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set. Happy cooking!

HELLO SOUTHWEST SPICE BLEND This blend is crucial in Tex-Mex dishes and adds Southern flair to pork!



### Start here

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

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

#### Bust out

Baking sheet, measuring spoons, aluminum foil, large bowl, parchment paper, large non-stick pan, silicone brush, paper towels

### Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Double Pork Chops, boneless	680 g	1360 g
Southwest Spice Blend	1 tbsp	2 tbsp
Sweet Potato	1	2
Cheddar Cheese, shredded	1⁄4 cup	½ cup
Sour Cream	3 tbsp	6 tbsp
Green Onion	2	2
Baby Spinach	56 g	113 g
Baby Tomatoes	113 g	227 g
Red Wine Vinegar	1 tbsp	2 tbsp
Yellow Onion	1	2
BBQ Sauce	2 tbsp	4 tbsp
Sugar*	1 tsp	2 tsp
Oil*		
Salt and Penner*		

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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### Prep

- Halve sweet potatoes lengthwise.
- Halve tomatoes.
- Thinly slice green onions.
- Peel, then cut **yellow onion** into ¼-inch slices.



#### Roast sweet potatoes

• Add **sweet potatoes** and ½ **tbsp** (1 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.

• Arrange **sweet potatoes** on one side of the baking sheet, cut-side down. Roast in the **bottom** of oven until tender, 23-25 min. (NOTE: You will add pork to the baking sheet after 15 min.)

• When **sweet potatoes** are almost done, flip cut-side up, then sprinkle with **cheese**. Return to the **bottom** of the oven until **cheese** melts, 2-3 min.



#### Cook pork

• Meanwhile, pat **pork** dry with paper towels, then season with **Southwest Spice Blend**, **salt** and **pepper**.

• Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp** (1 tbsp) **oil**, then **pork**. Pan-fry until golden, 2-3 min per side, then transfer **pork** to the other side of the baking sheet with **sweet potatoes**.

• Brush 1 tbsp (2 tbsp) BBQ sauce over top of pork chops.

• Roast in the **bottom** of the oven until cooked through, 8-10 min.\*\*

• Carefully wipe the pan clean.

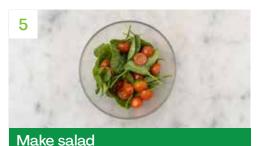
• When **pork** is done, transfer to a plate. Cover loosely with foil and set aside to rest, 2-3 min.

If you've opted for **double pork**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **pork**. Work in batches, if necessary.



Make caramelized onions

- Meanwhile, heat the same pan over medium.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **yellow onions**. Cook, stirring occasionally, until slightly softened, 3-4 min.
- Add **1 tsp** (2 tsp) **sugar** and season with **salt**. Cook, stirring occasionally, until **onions** are dark golden-brown, 3-4 min.
- Remove from heat, then stir in **half the vinegar**. Set aside.



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 Meanwhile, combine remaining vinegar and ½ tbsp (1 tbsp) oil in a large bowl.

• Add **spinach** and **tomatoes**. Season with **salt** and **pepper**, then toss to coat.



#### Finish and serve

• Thinly slice **pork**. Divide **pork**, **salad** and **sweet potatoes** between plates.

• Top sweet potatoes with caramelized onions, sour cream and green onions.

• Serve **remaining BBQ sauce** on the side, if desired.

## **Dinner Solved!**

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