



Carb Smart BBQ Pork Plate

with Loaded Sweet Potatoes and Salad

Carb Smart 35 Minutes



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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!

- Pork Chops, boneless
- Double Pork Chops, boneless
- Southwest Spice Blend
- Sweet Potato
- Cheddar Cheese, shredded
- Sour Cream
- Green Onion
- Baby Spinach
- Baby Tomatoes
- Red Wine Vinegar
- Yellow Onion
- BBQ Sauce

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 person) **(2 tbsp)** (4 person) **oil** 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	¼ 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 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.



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.



Make salad

- 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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