



Carb Smart BBQ Pork Plate

with Loaded Sweet Potatoes and Salad

Carb Smart

30 Minutes

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or

*2 Double

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*2 Double



Pork Chops, boneless
680 g | 1360 g

↻ Swap



Tofu
1 | 2



Pork Chops, boneless
340 g | 680 g



Sweet Potato
1 | 2



Baby Tomatoes
113 g | 227 g



Yellow Onion
1 | 2



Baby Spinach
56 g | 113 g



Green Onion
2 | 2



Cheddar Cheese, shredded
1/2 cup | 1/2 cup



Sour Cream
3 tbsp | 6 tbsp



BBQ Sauce
2 tbsp | 4 tbsp



Southwest Spice Blend
1 tbsp | 2 tbsp



Red Wine Vinegar
1 tbsp | 2 tbsp

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.

1



Roast sweet potatoes

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

- Halve **sweet potatoes** lengthwise.
- Add **sweet potatoes** and $\frac{1}{2}$ **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 the oven until tender, 23-25 min. (**NOTE:** You will add pork to the same 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.

2



Prep

Swap | Tofu

- Meanwhile, halve **tomatoes**.
- Thinly slice **green onions**.
- Peel, then cut **yellow onion** into $\frac{1}{4}$ -inch slices.

3



Cook pork

2 Double | Pork Chops

Swap | Tofu

- 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 $\frac{1}{2}$ **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.

4



Make caramelized onions

- Meanwhile, reheat 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.

5



Make salad

- Meanwhile, combine **remaining vinegar** and $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil** in a large bowl.
- Add **spinach** and **tomatoes**. Season with **salt** and **pepper**, then toss to combine.

6



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.

2 | Prep tofu

Swap | Tofu

If you've opted to get **tofu**, pat dry with paper towels. Cut in half, parallel to the cutting board. (**NOTE:** You will have 2 tofu "steak" squares). Season with **salt**, **pepper** and **Southwest Spice Blend**.

3 | Cook pork

2 Double | Pork Chops

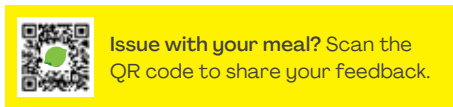
If you've opted for **double pork chops**, prepare, cook and plate it in the same way the recipe instructs you to prepare and cook the **regular portion of pork chops**. Work in batches, if necessary.

3 | Cook tofu

Swap | Tofu

Cook and plate **tofu** the same way as the recipe instructs you to cook and plate the **pork chops**.

** Cook to a minimum internal temperature of 71°C/160°F, as size may vary.



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