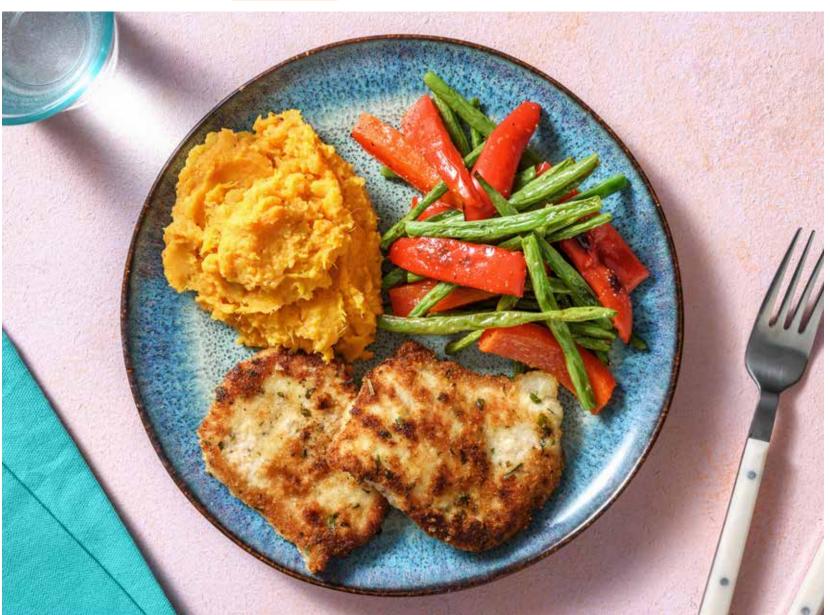


Parmesan Pork Chops

with Roasted Veggies and Sweet Potato Mash

Family Friendly 35 Minutes





boneless



Italian Breadcrumbs





Sweet Bell Pepper



Green Beans



Sweet Potato



Mayonnaise



Parmesan Cheese, shredded

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

2 Baking sheets, vegetable peeler, colander, measuring spoons, potato masher, shallow dish, parchment paper, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Italian Breadcrumbs	⅓ cup	½ cup
Sweet Bell Pepper	160 g	320 g
Green Beans	170 g	340 g
Sweet Potato	340 g	680 g
Mayonnaise	2 tbsp	4 tbsp
Parmesan Cheese, shredded	⅓ cup	½ cup
Unsalted Butter*	2 tbsp	4 tbsp
Milk*	2 tbsp	4 tbsp
Oil*		
Salt and Donnor*		

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.

Contact

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Cook sweet potatoes

- Peel, then cut **sweet potatoes** into 1-inch pieces.
- Add sweet potatoes, 1 tsp salt (dbl for 4 ppl) and enough water to cover (by approx.
 1-2 inches) to a large pot. Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium.
 Simmer uncovered until sweet potatoes are fork-tender, 10-12 min.



Prep

- Meanwhile, core, then cut **pepper** into ½-inch slices.
- Trim green beans.
- Combine breadcrumbs and Parmesan in a shallow dish.



Roast veggies

- Add peppers, green beans and 1 tbsp oil (dbl for 4 ppl) to a parchment-lined baking sheet.
- Season with **salt** and **pepper**, then toss to combine.
- Roast in the **middle** of the oven until **veggies** are tender-crisp, 14-17 min.



Coat pork

- Meanwhile, pat pork dry with paper towels.
- Carefully slice **each pork chop** in half through the centre, parallel to the cutting board. (NOTE: You will have 4 pieces of pork for 2 ppl and 8 pieces for 4 ppl.)
- Coat pork all over with mayo.
- Working with one piece of pork at a time, firmly press both sides into breadcrumb mixture to coat completely.



Cook pork

- Heat a large non-stick pan over medium heat.
- When hot, add 1 tbsp oil, then pork. Pan-fry until golden-brown, 2-3 min per side.
 (NOTE: Don't overcrowd the pan. Cook in batches for 4 ppl, using 1 tbsp oil per batch).
- Transfer **pork** to another parchment-lined baking sheet.
- Roast in the top of the oven until cooked through, 5-6 min.**



Finish and serve

- When **sweet potatoes** are fork-tender, drain and return them to the same pot, off heat.
- Mash 2 tbsp butter and 2 tbsp milk (dbl both for 4 ppl) into potatoes until smooth. Season with 1/8 tsp salt (dbl for 4 ppl) and pepper, to taste.
- Divide sweet potato mash, Parmesan pork chops and roasted veggies between plates.

Dinner Solved!