



Parmesan Pork Chops

with Roasted Veggies and Sweet Potato Mash

Family Friendly 35 Minutes



Pork Chops, boneless



Italian Breadcrumbs



Sweet Bell Pepper



Green Beans



Sweet Potato



Mayonnaise



Parmesan Cheese, shredded

HELLO PARMESAN-CRUSTED PORK

Skip the deep-frying with our baked version of this Italian-American classic!

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	¼ 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	¼ cup	½ cup
Unsalted Butter*	2 tbsp	4 tbsp
Milk*	2 tbsp	4 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.

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.



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.



Prep

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



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. **



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.



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 **½ tsp salt** (dbl for 4 ppl) and **pepper**, to taste.
- Divide **sweet potato mash**, **Parmesan pork chops** and **roasted veggies** between plates.

Dinner Solved!