



Smart BBQ Pork Chops

with Creamy Slaw and Sugar Snap Peas

Carb Smart Calorie Smart 25 Minutes



Pork Chops, boneless



BBQ Seasoning



BBQ Sauce



Sugar Snap Peas



Green Cabbage, shredded



Mayonnaise



Carrot



White Wine Vinegar

HELLO BBQ SAUCE

This sweet, smoky sauce adds depth to grilled and roasted dishes!

Start here

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

Bust out

Baking sheet, vegetable peeler, measuring spoons, box grater, large bowl, parchment paper, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
BBQ Seasoning	1 tbsp	2 tbsp
BBQ Sauce	4 tbsp	8 tbsp
Sugar Snap Peas	113 g	227 g
Green Cabbage, shredded	113 g	226 g
Mayonnaise	2 tbsp	4 tbsp
Carrot	170 g	340 g
White Wine Vinegar	1 tbsp	2 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.

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Prep and make dressing

Trim **snap peas**. Peel, then coarsely grate **carrot**. Whisk together **mayo**, **vinegar** and **half the BBQ Seasoning** in a large bowl. Set aside.



Make slaw

While **snap peas** cook, add **cabbage** and **carrots** to the large bowl with **dressing**. Season with **salt** and **pepper**, then toss to combine.



Cook pork

Pat **pork** dry with paper towels, then season with **remaining BBQ Seasoning**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **pork**. Pan-fry until golden-brown, 1-2 min per side. Remove the pan from heat, then transfer **pork** to a parchment-lined baking sheet. Spread **BBQ sauce** onto tops of **pork**. Roast in the **middle** of the oven until cooked through, 8-11 min. ** Carefully wipe the pan clean.



Finish and serve

Thinly slice **pork**. Divide **pork**, **snap peas** and **slaw** between plates.

Dinner Solved!



Cook snap peas

While **pork** roasts, heat the same pan over medium-high. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **snap peas**. Season with **salt** and **pepper**. Cook, stirring often, until tender-crisp, 4-5 min.