

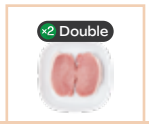


# Smart Chipotle-Glazed Pork Chops with Warm Green Bean-Potato Salad

Carb Smart

Calorie Smart

35 Minutes



\*2 Double

Double Pork Chops, boneless  
680 g | 1360 g

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or

\*2 Double

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Pork Chops, boneless  
340 g | 680 g



BBQ Seasoning  
1 tbsp | 2 tbsp



Chipotle Sauce  
2 tbsp | 4 tbsp



Red Potato  
350 g | 700 g



Green Beans  
170 g | 340 g



Dill Pickle, sliced  
90 ml | 90 ml



Garlic, cloves  
1 | 2



Green Onion  
1 | 2



Mayonnaise  
2 tbsp | 4 tbsp



Whole Grain Mustard  
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.

Ingredient quantities	56g	113g
	2 person	4 person

Pantry items | Oil\*, sugar\*, salt\*, pepper\*

Cooking utensils | Baking sheet, colander, measuring spoons, aluminum foil, 2 small bowls, large pot, large non-stick pan, strainer, paper towels

1



### Cook potatoes

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

- Cut **potatoes** into 1-inch pieces.
- Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl).
- Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium-high. Simmer uncovered until almost fork-tender, 8-9 min. (**NOTE:** Potatoes will finish cooking in step 3.)

2



### Sear and broil pork chops

×2 Double | Pork Chops

- Meanwhile, heat a large non-stick pan over medium heat.
- While the pan heats, pat **pork chops** dry with paper towels. Season with **salt**, **pepper** and **BBQ Seasoning**.
- When the pan is hot, add **½ tbsp (1 tbsp) oil**, then **pork**. Cook until golden-brown, 2 min per side.
- Transfer to a foil-lined baking sheet.
- Reserve **half the chipotle sauce** in a small bowl. Spread **remaining chipotle sauce** over **pork**.
- Broil in the **middle** of the oven until **pork** is lightly charred and cooked through, 5-6 min.\*\*

3



### Prep and cook green beans

- Meanwhile, trim **green beans**, then cut into 1-inch pieces.
- When **potatoes** have simmered for 8-9 min, add **green beans** to the same pot.
- Cook until **potatoes** and **green beans** are fork-tender, 3-4 min.
- Drain and return to the same pot, off heat.

4



### Finish prep and make dressing

- Meanwhile, drain **pickles**, reserving **pickle juice**, then finely chop.
- Thinly slice **green onion**.
- Peel, then mince or grate **garlic**.
- Combine **mayo**, **mustard**, **reserved pickle juice**, **garlic** and **½ tsp (1 tsp) sugar** in another small bowl.

5



### Finish potato salad and make chipotle drizzle

- Add **pickles**, **mayo dressing** and **half the green onions** to the pot with **potatoes** and **green beans**. Season with **salt** and **pepper**, to taste, then stir to combine.
- Add **any pork juices** from the baking sheet to the small bowl with **reserved chipotle sauce**, then stir to combine.

6



### Finish and serve

- Thinly slice **pork chops**.
- Divide **pork chops** and **potato salad** between plates.
- Spoon **chipotle drizzle** over **pork chops**.
- Sprinkle **remaining green onions** over top.

Measurements  
within steps

1 tbsp (2 tbsp) oil  
2 person 4 person Ingredient

## 2 | Sear and broil pork chops

×2 Double | Pork Chops

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

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



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