

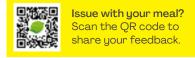
Smart Chipotle Glazed Pork Chops

with Warm Green Bean Potato Salad

Carb Smart

Calorie Smart

35 Minutes







Pork Chops,



boneless

BBQ Seasoning





Chipotle Sauce

Red Potato



Green Beans



Dill Pickle,

sliced



Garlic,



cloves



Mayonnaise





Whole Grain Mustard



Start here

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

Measurements 1 tbsp (2 tbsp) oil within steps 2 person 4 person Ingredient

Bust out

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

Ingredients

2 Person	4 Person
340 g	680 g
1 tbsp	2 tbsp
2 tbsp	4 tbsp
350 g	700 g
170 g	340 g
90 ml	90 ml
1	2
1	2
2 tbsp	4 tbsp
1 tbsp	2 tbsp
½ tsp	1 tsp
	340 g 1 tbsp 2 tbsp 350 g 170 g 90 ml 1 1 2 tbsp 1 tbsp

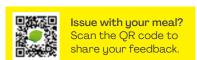
Salt and Pepper*

- * 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.





Cook potatoes

- 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.)



Sear and broil 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 **pork** 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.**



Prep and cook green beans

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



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.



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.



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 plate.

Dinner Solved!