



Smart Honey Garlic Pork

with Roasted Veggie Jumble

Carb Smart

Calorie Smart

35 Minutes



Pork Chops,
boneless



Garlic Salt



Sweet Potato



Sugar Snap Peas



Red Onion



Sweet Bell Pepper



Thyme



Honey Garlic Sauce

HELLO THYME

This woody herb packs a fragrant and savoury punch!

Start here

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

Bust out

2 Baking sheets, measuring spoons, parchment paper, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Garlic Salt	1 tsp	2 tsp
Sweet Potato	170 g	340 g
Sugar Snap Peas	113 g	227 g
Red Onion	113 g	226 g
Sweet Bell Pepper	160 g	320 g
Thyme	7 g	14 g
Honey Garlic Sauce	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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Roast sweet potatoes

Cut **sweet potato** into ½-inch pieces. Add **sweet potatoes** and **½ tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **bottom** of the oven, flipping halfway through, until tender and golden-brown, 16-18 min.



Prep pork

Meanwhile, pat **pork** dry with paper towels, then season with **remaining garlic salt** and **pepper**.



Prep

Meanwhile, core, then cut **pepper** into ½-inch slices. Peel, then cut **onion** into ½-inch slices. Trim **snap peas**. Strip **thyme leaves** from stems, then roughly chop.



Cook pork

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **pork**. Cook, turning occasionally, until **pork** is golden-brown, 4-5 min. Carefully remove the baking sheet with **veggies** from the oven. Push **veggies** to the sides. Transfer **pork** to the baking sheet. Roast in the **middle** of the oven until cooked through, 8-9 min.**



Roast veggies

Add **peppers, onions, snap peas, thyme, half the garlic salt** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with **salt** and **pepper**, then toss to combine. Roast in the **middle** of the oven, stirring halfway through, until **veggies** are tender, 14-15 min. (**NOTE:** For 4 ppl, roast in the middle and top of the oven, rotating halfway through.)



Finish and serve

Thinly slice **pork**. Add **veggies** to the baking sheet with **sweet potatoes**, then toss to combine. Divide **roasted veggie jumble** between plates, then top with **pork**. Drizzle **half the honey garlic sauce** (all for 4 ppl) over top.

Dinner Solved!