

# DINNERLY



## Low-Cal Pan-Seared Pork & Sweet Potatoes

with Green Beans



30-40min



2 Servings

Picture this: You come home starving after a long day at work, and all you're craving is a plate of juicy meat, crispy sweet potatoes and gravy goodness. ENTER: Dinnerly with roasted veggies and seared pork cutlets (and an easy homemade gravy, of course). We've got you covered!



## WHAT WE SEND

- 2 sweet potatoes
- ½ lb green beans
- 1 red onion
- 12 oz pkg pork cutlets
- ¼ oz steak seasoning

## WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- all-purpose flour<sup>1</sup>
- white wine vinegar (or apple cider vinegar)<sup>17</sup>

## TOOLS

- rimmed baking sheet
- medium skillet

## ALLERGENS

Wheat (1), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 650kcal, Fat 25g, Carbs 72g, Protein 42g



### 1. Roast potatoes

Preheat oven to 450°F with rack in center.

Scrub **potatoes**, then cut into ½-inch thick wedges. On a rimmed baking sheet, toss with **1 tablespoon oil** and season with **salt** and **pepper**. Roast on center oven rack until potatoes are golden and crisp underneath, 10–12 minutes.



### 2. Prep ingredients

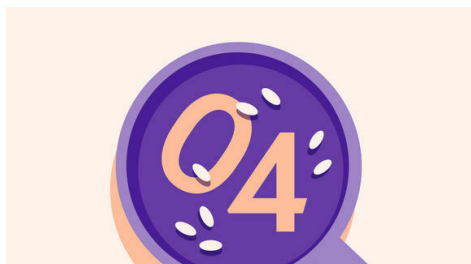
Trim ends from **green beans**.

Cut **onion** into quarters, then separate layers.



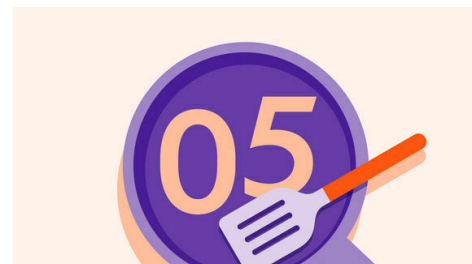
### 3. Cook pork

Pat **pork** dry, then season all over with **steak seasoning**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Cook pork until browned and cooked through, 2–3 minutes per side. Transfer to a plate; reserve skillet with **pan drippings** (about 1 tablespoon) for step 5.



### 4. Roast green beans

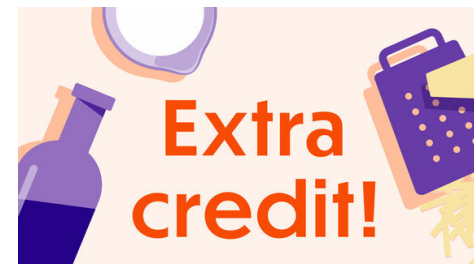
While **pork** cooks, flip **potatoes** and push to one side of the baking sheet. Add **green beans** and **onions** to other side and toss with **1 tablespoon oil**; season with **a pinch each of salt and pepper**. Roast on center oven rack until potatoes are crispy and golden underneath, and green beans are tender and browned in spots, 8–10 minutes.



### 5. Finish & serve

Heat **pan drippings** in reserved skillet over medium-high. Whisk in **½ tablespoon flour**, scraping up browned bits from bottom. Whisk in **½ cup water** and **¼ teaspoon vinegar**. Bring to a boil. Cook until gravy thickens and coats the back of a spoon, 1–2 minutes; season to taste with **salt**.

Serve **pork** with **gravy** spooned over top, alongside **potatoes and green beans**. Enjoy!



### 6. Make it low carb!

We have nothing against potatoes. But, we love how easy it is to swap these roasted spuds for a low-carb variation like roasted root veggies. Cut veggies like carrots, parsnips, and jicama into ½-inch planks. Toss on baking sheet with oil; season with salt and pepper. Roast, shaking baking sheet halfway through, until browned and tender, 15–20 minutes.