

Sheet Pan BBQ Pork

with Roasted Vegetables & Maple-Mustard Sauce

DIABETES FRIENDLY

CARB CONSCIOUS

🕒 50-60 MINS | 4 SERVINGS

For this crowd-pleasing dish, rich pork (rubbed with a blend of sweet and smoky spices) roasts alongside a medley of sugar snap peas, carrots, and potatoes. We're finishing the pork with a tangy-sweet drizzle of maple syrup and creamy mustard sauce (mixed with reserved juices from the cooked pork for an extra savory boost).



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Ingredients



1
PORK ROAST



3/4 lb
CARROTS



1 bunch
ROSEMARY



1 1/2 Tbsps
MAPLE SYRUP



1 1/4 lbs
GOLDEN OR RED
POTATOES



1/2 lb
SUGAR SNAP PEAS



1/4 cup
CREAMY
MUSTARD SAUCE



1 Tbsp
BARBECUE SPICE
BLEND*

*Smoked Paprika, Sweet Paprika, Ground Fennel Seeds, Ground Coriander, Garlic Powder & Light Brown Sugar



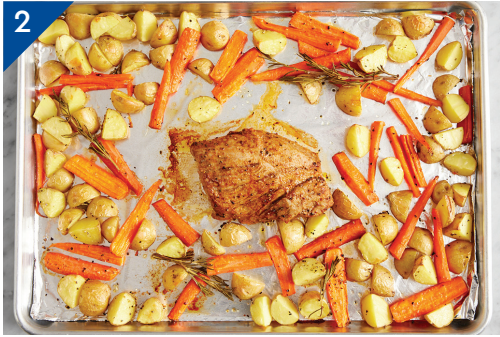
To find out more about Wellness at Blue Apron visit us at www.blueapron.com/pages/wellness, or for further nutrition information see the Nutrition Facts card.



To make this recipe diabetes friendly and meet the ADA nutrition guidelines for sodium, it is recommended that no additional salt be added to this recipe when prepared. See nutrition information for sodium as packaged.

1 Prepare the carrots & potatoes:

- ☐ Place an oven rack in the center of the oven, then preheat to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Line a sheet pan with foil.
- ☐ Peel the **carrots**; halve crosswise, then halve lengthwise. Large dice the **potatoes**. Place on the sheet pan. Add the **whole rosemary sprigs**. Drizzle with $\frac{1}{2}$ **teaspoon of olive oil** and season with salt and pepper. Toss to coat.
- ☐ Leaving a 4- by- 6-inch space in the center, arrange in an even layer around the edges of the sheet pan.



2 Roast the pork & vegetables:

- ☐ Pat the **pork** dry with paper towels. Place in a bowl; drizzle with $\frac{1}{2}$ **teaspoon of olive oil** and season on all sides with salt, pepper, and the enough of the **spice blend** to coat (you may have extra). Turn to coat.
- ☐ Transfer to the center of the sheet pan of **seasoned vegetables**.
- ☐ Roast 36 to 38 minutes, or until browned and the pork is cooked through.** Leaving the oven on, remove from the oven.
- ☐ Transfer the **roasted pork** to a plate. Let rest at least 5 minutes.



3 Prepare the peas & make the sauce:

- ☐ Meanwhile, pull off and discard the tough string that runs the length of each **snap pea** pod. Place in a bowl; drizzle with $\frac{1}{2}$ **teaspoon of olive oil** and season with salt and pepper. Toss to coat.
- ☐ In a separate bowl, combine the **maple syrup** and **creamy mustard sauce**.

4 Roast the snap peas:

- ☐ While the pork rests, transfer the **prepared peas** to the center of the sheet pan of **roasted carrots and potatoes**. Arrange in an even layer.
- ☐ Roast 2 to 3 minutes, or until lightly browned and softened. Remove from the oven. Carefully remove and discard the **rosemary sprigs**.



5 Slice the pork & serve your dish:

- ☐ Reserving any juices on the plate, transfer the **rested pork** to a cutting board. Find the lines of muscle (or grain) on the pork; thinly slice crosswise against the grain.
- ☐ Transfer the **reserved juices** to the bowl of **sauce**. Stir to combine. Taste, then season with salt and pepper if desired.
- ☐ Serve the **sliced pork** with the **roasted vegetables**. Drizzle the pork with the **finished sauce**; serve any remaining sauce on the side. Enjoy!



**An instant-read thermometer should register 145°F.



NUTRITION PER SERVING (AS PREPARED)* Calories: xxx, Total Carbohydrates: xxxg, Dietary Fiber: xxg, Added Sugar: xg, Total Fat: xxg, Saturated Fat: xxg, Protein: xxg, Sodium: xxxmg.

CONTAINS: See Ingredient Packaging for Allergen(s).

*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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