

Sheet Pan BBQ Pork

with Roasted Vegetables &
Maple-Mustard Sauce

4 SERVINGS


50-60 MINS


 **Blue Apron**
blueapron.com



Ingredients

 1 Pork Roast


 1 ¼ lbs Golden or Red Potatoes

 1 ½ Tbsps Maple Syrup

 ¾ lb Carrots

 1 bunch Rosemary

 1 Tbsp Barbecue Spice Blend¹

 ½ lb Sugar Snap Peas

 ¼ cup Dijonnaise



Serve with Blue Apron wine that has this symbol
blueapron.com/wine



9 9 6

SmartPoints® value per serving
(as packaged)



Scan this barcode
in your WW app to
track SmartPoints.

Wine is not included in SmartPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

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

1 Prepare the carrots & potatoes

- Place an oven rack in the center of the oven; 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 **2 tablespoons of olive oil** and season with salt and pepper. Toss to coat.
- 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 **1 tablespoon 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 for medium (the center may still be slightly pink), or until the pork is cooked to your desired degree of doneness* and the vegetables are tender.
- 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 **2 teaspoons of olive oil** and season with salt and pepper. Toss to coat.
- In a separate bowl, combine the **maple syrup** and **dijonnaise**.



4 Roast the 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 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.