

Dinner – Whole 30

PORK, BROCCOLI, AND SWEET POTATO

\$4.24/SERVING EST



Ingredients and groceries scaled from original 1 serving

4 lbs. bone-in pork chop

8 sweet potatoes

16 cups broccoli cut into florets

½ cup olive oil, divided

8 dashes salt

8 dashes pepper

8 handfuls green onion sliced

Prep: 10 mins

Cook: 1 hour

Pork

1. Heat a grill, grill pan, or pan over medium heat. Lightly sprinkle pork chops with salt and pepper, and half the oil. Place on the grill and cook until the pork chop releases from

the grill, about 4 minutes. Flip and cook on the other side for another 3-4 minutes. Reduce the heat to medium and cover the pan to allow the pork chops to finish cooking (another 8-10 mins). Pork should be cooked to 145° when checked with a meat thermometer. Let rest for 5-10 minutes.

Roasted Sweet Potato

1. Preheat oven to 400°.
2. With a fork, pierce sweet potato skin 5-6 times.
3. Place on baking sheet lined with foil. Bake until tender, 45 minutes to 1 hour.
4. Serve with sliced scallions and season with salt and pepper. Drizzle remaining olive oil.

Broccoli

1. Place approximately 1 inch of water in a saucepan with a steamer and bring to a boil. Add the broccoli florets and stems and cover. Steam for 4-5 minutes, until tender.
2. Season with salt and pepper. Serve.