

Carolina Pulled Pork & Cornbread

Carolina BBQ is an American classic. We're cooking up our version this week with pulled pork, seared green beans and toasted cornbread. With a drizzle of buttermilk ranch, it's a speedy dinner that's packed with flavor.

25 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

- Baking Sheet
- Large Skillet with a Cover

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Cornbread
- Green Beans
- Corn
- Buttermilk Ranch Dressing
- Pulled Pork
- Carolina BBQ Sauce

Make The Meal Your Own

Carolina BBQ sauce is not spicy, if you want to add a kick, try a couple shakes of your favorite hot sauce.

Good to Know

Health snapshot per serving – 890 Calories, 39g Protein, 24g Fat, 134g Carbs, 30 Freestyle Point

Lightened Up Health snapshot per serving – 690 Calories, 36g Protein, 19g Fat, 99g Carbs, 22 Freestyle Point with two-thirds of the buttermilk ranch dressing, two-thirds of the BBQ Sauce and two-thirds of the cornbread.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

**SCAN QR CODE TO VIEW
YouTube cooking video**



INGREDIENTS: Pulled Pork, Green Beans, Corn, Cornbread, Carolina BBQ Sauce, Buttermilk, Mayonnaise, Sour Cream, White Vinegar, Chives, Black Pepper, Garlic, Onion Powder, Parsley, Miso, Lemon.

meez meals

1. Toast the Cornbread

Cut the **Cornbread** into 1" cubes and arrange in a single layer on your toaster's baking sheet. Toast until it starts to brown on the edges, then transfer directly to serving plates.

If you don't have a toaster oven, bake the cornbread at 425 for 8 to 10 minutes.

2. Sear the Green Beans and Corn

While the cornbread is toasting, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Green Beans** and cook, undisturbed until they char, about 2 minutes. Stir and cook for an additional minute. Remove from the heat and set aside until step 4. Do not wipe out the skillet.

Don't overcook the green beans. You want them to maintain their crunch.

Drain the **Corn** and add to the now-empty skillet over high heat. Cook, undisturbed, until the kernels start to char, about 2 minutes. Shake the skillet a bit to move the corn around and cook for an additional minute. Turn off the heat and add 3 Tbsp of the **Buttermilk Ranch Dressing** to the skillet. Stir gently until the corn is completely coated. Remove the creamy corn from the skillet and set aside until step 4. Wipe out the skillet.

3. Heat the Pulled Pork and Carolina BBQ Sauce

Return the now-empty skillet to the stove over low heat. Add the **Pulled Pork** and cook until it is warm, about 2 minutes. Add the **Carolina BBQ Sauce** and stir until the pork is completely coated in BBQ sauce. Cover and cook, stirring occasionally, for 8 minutes.

4. Put It All Together

Serve the pulled pork over the cornbread and topped with the creamy corn and seared green beans. Drizzle the additional Buttermilk Ranch Dressing over top. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois