



NUTRITION *per serving* 35g carbohydrates 35g fat 43g protein 792mg sodium | low-calorie, low-carb, gluten-free, soy-free, shellfish-free, nut-free



Calories
623



Prep & Cook Time
25-35 min.



Cook Within
6 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

1 Yellow Onion
14 oz. Sweet Potato
8 oz. Brussels Sprouts
2 Bone-in Pork Chops
.6 oz. Butter
2 Tbsp. Grainy Mustard
½ oz. Dried Cranberries
½ oz. Light Brown Sugar

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Cooking Spray
Baking Sheet
Medium Non-Stick Pan

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HOME CHEF

Pork Chop and Cranberry Mostarda

with roasted sweet potatoes and Brussels sprouts

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **375 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.

FROM THE CHEF

Bone-in pork chops have a tendency to curl or “cup” when pan-seared. To prevent this, use a sharp knife to slice very shallow cuts spaced 2” apart into the outer edge of fat on pork chops before cooking.

The key to getting a great sear on pork chops is to preheat the pan well and not move the chops during the first few minutes of cooking.

Did you know...

Mostarda is an Italian condiment made of candied fruits and a touch of mustard. Traditional mostarda is typically served with boiled meats as part of a charcuterie plate.



Prepare the Ingredients

Peel and halve **onion**. Slice onion into thin strips. Peel **sweet potato** and cut into 1” dice. Trim and halve **Brussels sprouts** (quarter if larger than a ping pong ball). Rinse **pork chops**, pat dry, and season both sides with a pinch of **salt and pepper**.



Roast the Vegetables

Toss together **Brussels sprouts**, diced **sweet potato**, 1 Tbsp. **olive oil**, and a pinch of **salt and pepper** on prepared baking sheet. Spread into a single layer and roast until vegetables are browned and fork tender, 15-20 minutes. While vegetables roast, make mostarda.



Start the Mostarda

Heat **butter** in a medium non-stick pan over medium-high heat. When butter has melted, add **onions** and cook until they start to soften, 5-6 minutes.



Finish the Mostarda

Add **mustard**, **cranberries**, and **brown sugar** and stir together until incorporated. Season with a pinch of **salt and pepper**. Remove to a bowl and set aside. Wipe pan clean and reserve.



Cook the Chops

Return pan used for mostarda to medium heat with 1 tsp. **olive oil**. Add **pork chops** and cook until golden brown and chops reach a minimum internal temperature of 145 degrees, 4-5 minutes per side.



Plate the Dish

Place a pile of **roasted vegetables** in the middle of the plate. Lay a **pork chop** over the roasted vegetables and top with a serving of **mostarda**.