



**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**.