



NUTRITION per serving 24g carbohydrates 39g fat 43g protein 1720mg sodium | calorie-conscious, carb-conscious



Calories
621



Prep & Cook Time
25-35 min.



Cook Within
6 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

- 2 Ears of Corn
- 1 Shallot
- 3 Thyme Sprigs
- ¼ oz. Parsley
- 2 Bone-in Pork Chops
- ½ tsp. Applewood Smoked Sea Salt
- 1 fl. oz. White Cooking Wine
- ½ oz. Dijon Mustard
- 4 fl. oz. Light Cream
- .3 oz. Butter

CONTAINS: milk

Packaged in a facility that also packages peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

IN YOUR KITCHEN

- Olive Oil
- Pepper
- Cooking Spray
- Grill Pan or Outdoor Grill
- Medium Non-Stick Pan

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GRILLING SERIES

Grilled Pork Chop with Dijon Cream

with grilled corn and applewood-smoked sea salt

BEFORE YOU COOK

- ❑ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ❑ Thoroughly rinse produce and pat dry

WHILE YOU COOK

- ❑ **Heads Up!** Smoked sea salt is used twice. Half seasons **pork chops** and remaining seasons **corn**.
- ❑ You won't be using the entire amount of **cream** for this recipe. Feel free to use in other recipes, or in your morning coffee!

FROM THE CHEF

Shuck corn like a Midwesterner by grabbing ear at both ends. Starting at tip with exposed silky threads, pull husk down in one deliberate motion to expose kernels. Run your fingers over kernels to clean any residual threads.

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

Did you know...

You may think you like Dijon mustard, but you probably don't love it as much as the old Duke of Burgundy from the Middle Ages. There survives a written account of 70 gallons of mustard cream being consumed at a gala he hosted in 1336.



1

Prepare the Ingredients

Shuck **corn** and rinse. Peel and finely mince **shallot**. Stem **thyme**. Stem **parsley**. Pat **pork chops** dry.



2

Grill the Pork Chops

Heat an outdoor grill or grill pan to medium-high heat and lightly coat with **cooking spray**. Season **pork chops** on both sides with half the **smoked sea salt** (reserve remaining for corn) and a pinch of **pepper**. Add pork chops to hot grill and cook until browned and chops reach a minimum internal temperature of 145 degrees, 7-8 minutes. Remove to a plate, tent with foil, and rest at least 5 minutes.



3

Grill the Corn

Keep grill pan at medium-high heat and spray again with **cooking spray**. Place **corn** on grill and rotate occasionally until corn is bright yellow and showing char marks, 3-4 minutes per side. Remove from grill and set aside.



4

Prepare the Dijon-Cream Sauce

Place a medium non-stick pan over medium heat. Add 1 tsp. **olive oil** and **shallots** (to taste) to hot pan and cook until aromatic and slightly translucent, 1-2 minutes. Add **white cooking wine** and cook 1 minute. Reduce heat to medium-low and whisk in **Dijon mustard**, half the **cream** (use remaining for your morning coffee!), and **thyme**. Cook until sauce is combined and slightly thickened, 1-2 minutes. Season with a pinch of **pepper**. Set aside and keep warm.



5

Season the Corn

Top **corn** with **butter** and a sprinkle of remaining **smoked sea salt**.



6

Finish the Dish

Place **corn** on a plate. Lay **pork chop** next to corn and spoon **Dijon-cream sauce** over pork. Garnish with **parsley leaves** and a pinch of **pepper**.