



HOME CHEF

# Tuscan Pork Chops

With Bleu Cheese Polenta and Tomato Pan Sauce



In this fabulous dish, pork chops are seared to perfection, then leftover pan drippings are the foundation for a rich pan sauce with tomatoes, garlic, onions, and white wine. We up the ante with bleu cheese and creamy polenta, which was traditionally a "peasant" food in Northern Italy but lends its silky consistency perfectly to this Italian dish.

## OVERVIEW



TIME TO PREPARE



EASY RECIPE



DAYS BEST COOKED BY

## DIETARY



GLUTEN-FREE



NUT-FREE

## NUTRITION

Calories: 762  
Carbohydrates: 63g  
Fat: 31g  
Protein: 51g  
Sodium: 949mg  
*per serving*

## DRINK PAIRING

Pair a Pilsner style beer to stand up to the rich, creamy polenta.

## INGREDIENTS

2 Garlic Cloves  
4 oz. Grape Tomatoes  
1 Red Onion  
2 Boneless Pork Chops  
½ Cup Quick-Cooking Polenta  
2 Tbsp. Butter  
1 oz. Bleu Cheese  
1 tsp. Italian Seasoning Blend  
3 oz. White Cooking Wine  
2 tsp. Gluten-Free Minor's Vegetable Base

## WHAT YOU NEED

Olive Oil  
Salt  
Pepper

## EQUIPMENT

Small Pot  
Medium Pan

## DID YOU KNOW?

The traditional method for serving polenta is to pour the finished dish onto a wooden board for diners to enjoy family-style.

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### Prepare the Ingredients

Thoroughly rinse produce and pat dry. Bring a small pot with 2 ¼ cups **water** to a boil. Mince **garlic**. Halve **cherry tomatoes**. Peel and halve **red onion**. Cut halves into ½” dice. Rinse **pork chops**, pat dry, and season with a pinch of **salt and pepper**.



### Sear the Pork Chops

In a medium pan, heat 1 tsp. **olive oil** over medium-high heat. Place chops in pan and cook about 2 minutes per side. Remove from pan. *Pork chops will not be fully cooked through in this step, but will be seared.* No need to wipe pan clean.



### Cook the Polenta

Once the pot of water is boiling, slowly whisk in **polenta** and continue cooking about 1 minute. Remove from heat and whisk in half the **butter, bleu cheese** (to taste, reserving a bit for garnish), and a pinch of **salt and pepper**. *If necessary, add 1 Tbsp. of water at a time to adjust the consistency of the polenta.* Cover and set aside.



### Start the Sauce

In the same pan used for pork chops, heat 1 tsp. **olive oil** over medium heat. Add **garlic, red onion, and Italian seasoning** and cook until vegetables are fragrant, about 2 minutes. Add **white cooking wine** and cook for an additional minute. Add ¾ cup **water** and **vegetable base** and bring to a boil.



### Finish the Pork Chops

Place **seared pork chops** into boiling sauce. Reduce heat to a simmer, cover, and cook 8-10 minutes or until pork chops have reached a minimum internal temperature of 145 degrees. Remove from heat and stir in **cherry tomatoes** and remaining **butter**. Taste and season with a pinch of **salt and pepper**, if desired.



### Plate the Dish

Place a serving of **polenta** in the center of a plate or shallow dish. Nestle a **pork chop** on top of the polenta and drizzle a bit of **pan sauce** on the chop. Garnish polenta with any reserved **bleu cheese**.