



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

NUTRITION

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

DIETARY



GLUTEN-FREE



NUT-FREE

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**.