



**NUTRITION** *per serving* 20g carbohydrates 36g fat 53g protein 635mg sodium | low-calorie, low-carb, gluten-free, soy-free, nut-free



Calories  
**624**



Prep & Cook Time  
**30-40 min.**



Cook Within  
**6 days**



Difficulty  
**Easy**



Spice Level  
**Not Spicy**

#### IN YOUR BOX

- 2 Tbsp. Butter
- 10 oz. Turnips
- 9 oz. Swiss Chard
- 2 Parsley Sprigs
- 2 Oregano Sprigs
- 2 Garlic Cloves
- 2 Bone-in Pork Chops
- 3 oz. Canned Evaporated Whole Milk
- 1 oz. Shredded Mozzarella
- 1 Honey Packet
- ¼ tsp. Ground Fennel

#### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Colander
- Small Oven-Safe Pan
- Small Bowl
- Medium Oven-Safe Pan

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**HOME CHEF**

**CUSTOMER FAVORITE**

## Pan-Seared Pork Chop with Fennel-Honey Butter

with au gratin turnips and Swiss chard

## 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 **400 degrees**
- Set butter on counter to soften
- Place a colander in the sink
- Thoroughly rinse produce and pat dry

## WHILE YOU COOK

- Chard is chard is chard, whether the stalks are red, green, or any other color! It doesn't affect how you prep or cook it.
- You'll finish cooking turnips in the oven. If your pan isn't oven-safe, transfer to a prepared oven-safe dish.
- You'll finish cooking pork chops in the oven. If your pan isn't oven-safe, transfer to a foil-lined baking sheet.

## FROM THE CHEF

Gratin refers to a culinary technique where an ingredient, in this case turnips, is made even more delicious with a browned cheesy crust.

### Did you know...

Fennel has been used throughout history to cure snake bites and ward off evil spirits. But its reputation as an aid for digestion, as well as its warm and aromatic anise, licorice-y flavor are what's made it popular for centuries in kitchens all over the world.



1

### Prepare the Ingredients

Bring a small oven-safe pan with 2 cups **lightly salted water** to a boil over high heat. Peel and cut **turnips** into ½" dice. Stem **Swiss chard**. *Swiss chard may be discolored at the fold, which is normal. The leaves are still good to use!* Stem and mince **parsley**. Stem and mince **oregano**. Mince **garlic**. Rinse **pork chops**, pat dry, and season with a pinch of **salt and pepper**.



2

### Cook the Turnips

Add **turnips** to boiling water and cook 6-8 minutes, or until slightly tender. Strain turnips in colander. Wipe out pan and coat with **cooking spray**. Add **turnips, parsley, and evaporated milk** to pan. Sprinkle top with **mozzarella cheese** and a pinch of **salt and pepper** and bring to a boil over medium-high heat. Transfer to oven and bake until **gratin** is brown, about 12 minutes.



3

### Make the Butter

Stir together **butter, honey, oregano, and ground fennel** in a small bowl with a pinch of **salt and pepper**. If butter is still cold, use a fork to mash ingredients together. Divide into two discs and refrigerate until plating.



4

### Cook the Pork Chops

Heat a medium oven-safe pan over medium-high heat and add 1 tsp. **olive oil** to hot pan. Add **pork chops** and cook 3-4 minutes, or until first side is golden brown. Flip pork chops and place pan in oven. Bake 5-6 minutes, or until chops reach a minimum internal temperature of 145 degrees. Remove chops from pan and set aside to rest. Reserve pan with **pork drippings**.



5

### Cook the Swiss Chard

Return pan with **pork drippings** to medium-high heat. Add **garlic** and cook for 30 seconds. Add 3 Tbsp. **water** and **Swiss chard**. Season with a pinch of **salt and pepper** and cook for 2-3 minutes, or until chard wilts.



6

### Plate the Dish

Place scoop of **au gratin turnips** on a plate. Add **Swiss chard** next to turnips. Rest **pork** against chard and dollop with **fennel-honey butter**.