

Pork Chop with Almond Crust

With Fennel Apple Salad and Lemon, Dijon and Thyme Vinaigrette



Crunchy almond crusted chops? Yes please! Serve them with a salad that includes the complementary flavors of apple, fennel, and arugula? Now we're talking. A super quick and easy weeknight dinner awaits!

OVERVIEW



TIME TO PREPARE



INTERMEDIATE RECIPE



DAYS BEST COOKED BY

NUTRITION

Calories: 625
Carbohydrates: 31g
Fat: 77g
Protein: 42g
Sodium: 270mg
per serving

DIETARY



LOW CALORIE



LOW CARB



GLUTEN-FREE



SOY-FREE

DRINK PAIRING

Pork and apples are a classic pairing, so why not go all in with a cider? If you don't like 'em sweet, there are lots of good dry varieties. (Fun fact: cider is the fastest-growing alcoholic beverage in the industry right now!)

INGREDIENTS

2 Boneless Pork Chops
1 oz. Flour, Almond
1 Tbsp. Butter
2 Thyme Sprigs
1 Fuji Apple
1 Fennel Bulb
1 Shallot
1 Lemon
1 Tbsp. Dijon Mustard
2 oz. Arugula

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Medium Pan
Mixing Bowl

DID YOU KNOW?

Almond flour is an awesome gluten-free flour substitute that delivers lower carbs, higher protein, and delicious almond flavor. Speaking of almonds, these nuts are actually seeds from a plant that's related to plums and peaches. It's widely considered one of the earliest cultivated foods.

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Season the Chops

Rinse **pork chops** and pat dry. Season pork chops with a pinch of **salt and pepper** on each side. Spoon **almond flour** evenly over both chops. Use the heel of your hand to firmly press flour onto each chop. *Wash hands thoroughly after touching raw fish and meat. We also recommend using a separate cutting board for meats and fish to avoid cross-contamination.*



Cook the Chops

Heat a medium pan over medium heat. Add 1 Tbsp. **olive oil** and **chops**. Cook for 1 minute, and then add **butter**. Tilt pan to disperse butter, cover with a lid or foil, and cook for 4 minutes. Turn chops and cook for another 4-5 minutes uncovered, until golden brown and they reach a minimum internal temperature of 145 degrees. Set aside to rest. *Resting meat allows the juices to redistribute throughout meat, which results in a juicier chop.*



Prepare the Ingredients

While chops cook, thoroughly rinse produce and pat dry. Stem **thyme** and mince. Quarter **apple**, core, and cut into 1/4" slices. Trim top and bottom of **fennel bulb**, quarter lengthwise, remove tough core from each slice, and cut into 1/4" slices. Peel **shallot** and cut into 1/8" slices. Zest half of **lemon**, then halve and squeeze juice from entire lemon. *Fennel has a slight anise, or licorice flavor that is a natural pairing with pork.*



Make the Dressing

In a mixing bowl, combine **Dijon mustard**, **thyme**, **lemon zest**, 3 Tbsp. **lemon juice**, 2 Tbsp. **olive oil**, and **salt and pepper** (to taste).



Make the Salad

Add **shallots**, **apples**, **fennel**, and **arugula** to bowl with dressing. Toss to evenly coat, taste and season again with **salt and pepper** if desired.



Plate the Dish

Place **salad** on a plate. Slice **pork chop** and arrange over salad.