



NUTRITION *per serving* 25g carbohydrates 33g fat 50g protein 244mg sodium | low-calorie, low-carb, gluten-free, dairy-free, soy-free, nut-free



Calories
592



Prep & Cook Time
30-40 min.



Cook Within
6 days



Difficulty
Easy



Spice Level
Medium

IN YOUR BOX

- 3 Shallots
- 2 Thyme Sprigs
- 1 Yellow Bell Pepper
- 2 Bone-in Pork Chops
- 6 oz. Snow Peas
- 4 oz. Grape Tomatoes
- 1 Tbsp. Honey
- 1 tsp. Red Pepper Flakes
- 1 tsp. Red Wine Vinegar

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Large Pan
- Small Bowl

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HOME CHEF

Hot Honey Pork Chop

with roasted snow pea-shallot medley

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Prepare a baking sheet with foil and cooking spray
- Thoroughly rinse produce and pat dry
- Preheat oven to **425 degrees**

WHILE YOU COOK

- **Salt** refers to kosher salt in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Spice Alert:** Control spice level to your tastes. Half of a **red pepper flake** packet is mild, a full packet is medium, and any additional packets will pack some punch!
- Shallow slashes to **pork chops** will keep them flat and prevent “cupping”, or curling up on itself, which prevents you from getting an even sear.

FROM THE CHEF

Bone-in pork chops can take on a “cupped” shape when sautéing, which can result in an uneven sear. To prevent this, use a sharp knife to slice very shallow cuts spaced 2” apart into the outer edge of fat on pork chops before cooking.

Did you know...

Infusing chiles into honey is not new, per se, but it came into prominence in 2010 when a Brooklyn restaurateur started putting this sweet-hot condiment on tables in his pizzeria. Mmm, pizza and hot honey...



1

Prepare the Ingredients

Peel and halve **shallots**. Cut into ¼” slices. Stem **thyme**. Stem, seed, and cut **yellow bell pepper** into ½” dice. Rinse **pork chops** and pat dry.



4

Make the Hot Honey

In a small bowl, stir together **honey**, **red pepper flakes** (start with 1 packet, taste, and add more if desired), **red wine vinegar**, **thyme leaves**, and a pinch of **salt**.



2

Roast the Vegetables

Place **peas**, **shallots**, **yellow bell peppers**, and **grape tomatoes** on prepared baking sheet. Drizzle with 2 tsp. **olive oil**, ½ tsp. **salt**, and ¼ tsp. **pepper**. Toss together to completely coat. Roast 12-14 minutes, or until vegetables are tender and lightly browned. Remove from oven and set aside.



5

Plate the Dish

Divide **vegetables** between two plates. Lean **pork chops** against them and brush with **hot honey**.



3

Cook the Pork Chops

While vegetables cook, heat a large pan over medium-high heat. Use a sharp knife to slice very shallow cuts spaced 2” apart into the outer edge of fat on **pork chops**. Season both sides of pork chops with a pinch of **salt and pepper**. Add 1 tsp. **olive oil** to hot pan and place pork chops in pan. Cook first side for 4-5 minutes, or until pork is golden brown. Flip chops and cook 3-4 more minutes, or until pork has reached a minimum internal temperature of 145 degrees. Remove chops from pan and allow to rest.