



Tuscan-Style Pork Chop

WITH SCAMPI CAULIFLOWER

Classic



Prep & Cook Time

35-45 MIN

Cook Within

6 DAYS

Difficulty Level

EXPERT

Spice Level

MILD

You Will Need

Olive Oil, Salt, Pepper, Cooking Spray

Medium Non-Stick Pan, Baking Sheet, Mixing Bowl

Ingredients

- 1 tsp. Italian Seasoning Blend
 - 1/4 tsp. Red Pepper Flakes
 - 12 oz. Cauliflower Florets
 - 1 Roma Tomato
 - 2 tsp. Chicken Demi-Glace Concentrate
 - 1 oz. Shredded Parmesan Cheese
 - .6 oz. Butter
 - 2 Garlic Cloves
- ### Customize It Options
- 12 oz. Boneless Pork Chops
 - 10 oz. Ahi Tuna Steaks
 - 12 oz. Salmon Fillets
 - 12 oz. Sirloin Steaks
 - 12 oz. Boneless Skinless Chicken Breasts

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

View nutritional information at www.homechef.com/19888

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

Before You Cook

All cook times are approximate based on testing.

- If using any fresh produce, thoroughly rinse and pat dry
- Turn oven on to **425 degrees**. Let preheat, at least 10 minutes
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **Italian seasoning, Parmesan**

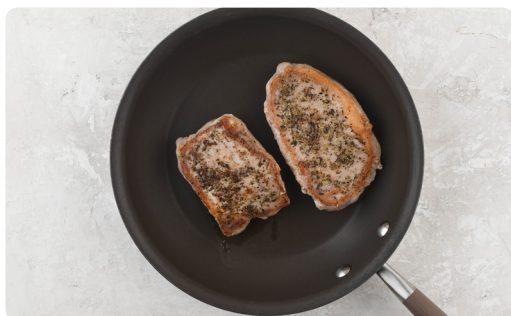
Customize It Instructions

- If using **ahi tuna**, follow same instructions as pork in Steps 2 and 4, searing until browned and tuna reaches minimum internal temperature, 4-5 minutes per side. Tuna is often enjoyed **medium-rare** (pink in the middle). For **medium-rare**, cook 1-2 minutes per side. Consuming raw or undercooked tuna may increase your risk for food-borne illness.
- If using **whole chicken breasts**, follow same instructions as pork in Steps 2 and 4, cooking until chicken reaches minimum internal temperature, 5-7 minutes.
- If using **salmon fillets**, pat dry and season flesh side with ¼ tsp. **salt**, a pinch of **pepper**, and half the **Italian seasoning**. Follow same instructions as pork in Step 4, searing, skin side up first, until browned and salmon reaches minimum internal temperature, 4-6 minutes per side.
- If using **sirloin steaks**, follow same instructions as pork in Steps 2 and 4, cooking until steaks reach minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes.



2. Prepare the Ingredients

- Core **tomato** and cut into ¼" dice.
- Mince **garlic**.
- Pat **pork chops** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**. Season one side with half the **Italian seasoning** (reserve remaining for sauce).



4. Cook the Pork Chops

- Return pan used to make scampi butter to medium heat and add 2 tsp. **olive oil**.
- Add **pork chops** to hot pan, seasoned side down. Cook until golden brown and chops reach a minimum internal temperature of 145 degrees, 3-5 minutes per side.
- Remove from burner. Transfer pork chops to a plate and tent with foil. Rest, 3 minutes. Reserve pan; no need to wipe clean.



1. Roast the Cauliflower

- Cut **cauliflower** into bite-sized pieces.
- Place cauliflower on prepared baking sheet and toss with 2 tsp. **olive oil** and a pinch of **salt** and **pepper**. Massage oil, salt, and pepper into cauliflower.
- Spread into a single layer. Roast in hot oven until browned and tender, 20-25 minutes.
- While cauliflower roasts, continue recipe.



3. Make the Scampi Butter

- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**.
- Add **butter, garlic**, and a pinch of **salt** to hot pan and stir constantly until golden brown, 2-3 minutes.
- Immediately, remove from burner. Transfer scampi butter to a mixing bowl and set aside. Wipe pan clean and reserve.



5. Make Sauce and Finish Dish

- Return pan used to cook chops to medium-high heat and add 1 tsp. **olive oil**. Add **demi-glace, tomato**, remaining **Italian seasoning**, ¼ cup **water**, and 1 tsp. **Parmesan** (reserve remaining for cauliflower) to hot pan. Bring to a simmer. Once simmering, stir occasionally until slightly thickened, 2-3 minutes.
- Remove from burner and add **red pepper flakes** (to taste).
- Add **cauliflower** and remaining Parmesan to bowl with **scampi butter**. Stir gently to combine.
- Plate dish as pictured on front of card, topping **pork chop** with sauce. Bon appétit!