



NUTRITION per serving 18g carbohydrates 35g fat 49g protein 603mg sodium | low-calorie, low-carb, gluten-free, dairy-free



Calories
566



Prep & Cook Time
25-35 min.



Cook Within
6 days



Difficulty
Easy



Spice Level
Not Spicy



HOME CHEF

Bone-In Pork Chop with Hazelnut Gremolata

with roasted asparagus, yellow squash, and lemon-caper aioli

IN YOUR BOX

- 1 Lemon
- 6 Parsley Sprigs
- ½ oz. Capers
- 8 oz. Asparagus
- 1 Yellow Squash
- 2 Bone-in Pork Chops
- 4 oz. Grape Tomatoes
- ½ oz. Hazelnuts
- 1 ½ oz. Mayonnaise

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- 2 Small Bowls
- Large Oven-Safe Pan

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BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- 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.
- **Asparagus** varies in size. If your asparagus is very thin, roast **yellow squash** and **tomatoes** 5–6 minutes before adding **asparagus** to baking sheet.
- **Heads Up!** Lemon zest is used twice in this recipe. The **gremolata** and **aioli** are each seasoned with half the zest.

FROM THE CHEF

Bone-in pork chops have a tendency to curl or “cup” when pan-seared. 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...

Perhaps commonly known as a topping for salads or mixed into tartar sauce, capers are the buds of shrubby plants found in nearly all Mediterranean countries. They bring a briny punch to this aioli.



Prepare the Ingredients

Zest **lemon**, halve, and juice. Stem and mince **parsley**. Drain **capers**. Trim woody ends off **asparagus**. Trim **yellow squash** and slice into ½” rounds. Rinse **pork chops**, pat dry, and season with a pinch of **salt and pepper**.



Roast the Vegetables

Place **yellow squash** and **tomatoes** together on one half of baking sheet. Add **asparagus** to second half. Drizzle vegetables with 1 tsp. **olive oil** and season with ½ tsp. **salt and pepper**. Toss to coat evenly and spread into a single layer. Roast 12–14 minutes, or until vegetables are lightly browned and tender.



Make the Gremolata

Using the back of a heavy pan, coarsely crush **hazelnuts**. Stir **parsley**, half the **lemon zest**, and hazelnuts together in a small bowl. Set aside.



Cook the Pork Chops

Place a large oven-safe pan over medium-high heat. Add 1 tsp. **olive oil** and **pork chops** to hot pan. Sear pork chop on one side 3–4 minutes, or until golden brown. Flip chops and place pan in oven. Roast 8–10 minutes, or until pork reaches a minimum internal temperature of 145 degrees. Remove from oven and immediately top with **gremolata**.



Make the Lemon-Caper Aioli

While pork and vegetables cook, combine **mayonnaise**, **capers**, remaining **lemon zest**, 1 Tbsp. **lemon juice**, and a small pinch of **salt and pepper** in a small bowl.



Plate the Dish

Divide **yellow squash**, **tomatoes**, and **asparagus** between two plates. Place **pork chop** up against vegetables and serve with **lemon-caper aioli**.