



**NUTRITION** *per serving* 26g carbohydrates 29g fat 44g protein 1291mg sodium | calorie-conscious, carb-conscious



Calories  
**540**



Prep & Cook Time  
**20-30 min.**



Cook Within  
**6 days**



Difficulty  
**Easy**



Spice Level  
**Medium**

#### IN YOUR BOX

1 Red Bell Pepper  
8 oz. Cremini Mushrooms  
2 Green Onions  
2 Bone-in Pork Chops  
2 oz. Baby Spinach  
1 tsp. Miso Paste  
1 ½ oz. Red Pepper Jelly

#### CONTAINS: soy

*Packaged in a facility that also packages peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients*

#### IN YOUR KITCHEN

Olive Oil  
Salt  
Pepper  
Medium Non-Stick Pan  
Mixing Bowl

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**HOME CHEF**

## Southern Sweet and Spicy Pork Chop

with pepper jelly and sautéed vegetables

## 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

## WHILE YOU COOK

- ☐ **Heads Up!** Green onions are used twice. Half cook with **vegetables** and remaining garnish dish.

## FROM THE CHEF

Make sure to flip chops occasionally in glaze to promote even cooking.

### Did you know...

Pepper jellies can vary in their balance of sweet and spicy. Jalapeño is the most commonly used pepper. Jelly is made by cooking jalapeño with sugar and vinegar, then thickened with pectin.



1

### Prepare the Ingredients

Stem, seed, and slice **red bell pepper** into ¼" strips. Cut **mushrooms** into ¼" slices. Trim and thinly slice **green onions** on an angle. Pat **pork chops** dry.



2

### Score the Pork Chops

On a separate cutting board, using a sharp knife, slice very shallow cuts spaced 2" apart into the outer edge of fat on **pork chops**. *These cuts prevent "cupping" and will help chop lay flat in pan, resulting in more even searing and cooking.*



3

### Cook the Vegetables

Place a medium non-stick pan over medium-high heat. Add 1 tsp. **olive oil**, **red bell pepper**, **mushrooms**, and half the **green onions** (reserve remaining for garnish) to hot pan. Cook until vegetables begin to brown, 4-6 minutes. Add **spinach** and cook until just wilted, 1 minute. Season with ¼ tsp. **salt** and a pinch of **pepper**. Transfer vegetables to a plate and cover with foil. Wipe pan clean and reserve.



4

### Sear the Pork Chops

Return pan used to cook vegetables to medium-high heat and add 1 tsp. **olive oil** and **pork chops**. Sear until well-browned, 4-5 minutes. Flip, and cook until lightly browned, 1-2 minutes. *Pork chops will finish cooking in a later step.*



5

### Finish the Pork

Lower heat to medium. Whisk together **miso**, **pepper jelly**, and ½ cup **water** in a mixing bowl. Add to pan and cook, flipping **pork chops** occasionally, until pork reaches a minimum internal temperature of 145 degrees, 6-8 minutes. Remove chops to a plate and continue to cook pepper jelly glaze until it has thickened slightly, 2-4 minutes.



6

### Finish the Dish

Plate dish as pictured on front of card. Garnish with remaining **green onions** and **pepper jelly glaze**. Bon appétit!