



**NUTRITION** *per serving* 27g carbohydrates 21g fat 26g protein 765mg sodium | CONTAINS dairy | calorie-conscious, carb-conscious



Calories  
**521**



Prep & Cook Time  
**25-35 min.**



Cook Within  
**6 days**



Difficulty  
**Intermediate**



Spice Level  
**Not Spicy**



**HOME CHEF**

## Crispy Rice Pork Chop

with charred blue cheese broccoli

### IN YOUR BOX

1 cup Crispy Rice Cereal  
12 oz. Broccoli  
2 Garlic Cloves  
½ tsp. Smoked Paprika  
2 Boneless Pork Chops  
2 fl. oz. Liquid Egg  
1 oz. Blue Cheese  
.34 fl. oz. Balsamic Vinegar  
2 tsp. Chicken Demi-Glace

### IN YOUR KITCHEN

Olive Oil  
Salt  
Pepper  
Cooking Spray  
Baking Sheet  
2 Mixing Bowls  
Medium 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!
- ☐ Preheat oven to **425 degrees**
- ☐ Thoroughly rinse produce and pat dry
- ☐ Prepare a baking sheet with foil and cooking spray

## FROM THE CHEF

After breading pork chops with crispy rice, allow them to rest 5 minutes before cooking. This will allow breading to better adhere to chops after cooking.

### Did you know...

That well-known brand of *crispy rice cereal* is a mixture of rice and sugar, which is shaped like rice, then dried and toasted. It first appeared on shelves in 1928, and the famous snap, crackle, and pop sound it makes when milk is added is the sound of the cereal's walls collapsing.



## Prepare the Ingredients

Keep **crispy rice cereal** in shipping bag and break into a coarse powder. Cut **broccoli florets** into large bite-sized pieces. Mince **garlic**. Add crushed crispy rice cereal, **smoked paprika**, ½ tsp. **salt**, and ¼ tsp. **pepper** to a medium mixing bowl. Pat **pork chops** dry, and season both sides with ½ tsp. **salt** and ¼ tsp. **pepper**.



## Cook the Pork

Heat 2 tsp. **olive oil** in a medium pan over medium heat. Add **pork chops** to hot pan and cook undisturbed until golden brown, 5-6 minutes. Flip pork chops, add 2 tsp. **olive oil**, and cook until well-browned and pork reaches a minimum internal temperature of 145 degrees, 5-6 minutes. Remove to a plate. Wipe pan clean and reserve.



## Bread the Pork

Place **liquid egg** in a second mixing medium bowl. Dip **pork chops** in egg, shake off excess, and then place in **cereal**. Toss to coat completely and use your hands to adhere mixture to pork. Transfer to a plate and let rest 5 minutes before cooking. While pork rests, roast broccoli.



## Make the Sauce

Return pan used to cook pork to medium heat. Add ½ tsp. **olive oil** and **garlic** to hot pan. Cook until fragrant, 30 seconds. Add **balsamic vinegar** and cook until reduced slightly, 30 seconds. Add **demi-glace** and ¼ cup **water**, bring to a simmer, and cook until slightly thickened, 2-3 minutes. Taste, and season with a pinch of **salt** and **pepper** if necessary.



## Roast the Broccoli

Toss **broccoli** with 1 tsp. **olive oil**, ½ tsp. **salt**, ¼ tsp. **pepper** on prepared baking sheet. Spread into a single layer and roast until tender and beginning to caramelize, 12-15 minutes. Remove from oven and sprinkle with **blue cheese crumbles**. Bake until cheese has melted slightly, 3-4 minutes. While broccoli roasts, cook pork.



## Plate the Dish

Spoon **sauce** on a plate and top with **pork chop**. *Feel free to drizzle some sauce on pork chop as well.* Place **broccoli** next to pork chop.