



**NUTRITION** per serving 35g carbohydrates 11g fat 50g protein 1040mg sodium | low-calorie, low-carb, gluten-free, dairy-free, soy-free, shellfish-free, nut-free



Calories  
**489**



Prep & Cook Time  
**30-40 min.**



Cook Within  
**6 days**



Difficulty  
**Intermediate**



Spice Level  
**Mild**

#### IN YOUR BOX

- 1 Red Onion
- 1 Lime
- 1 Cauliflower Head
- 1 Resealable Gallon-Size Plastic Bag
- 2 Bone-in Pork Chops
- 2 tsp. Chipotle Cinnamon Seasoning
- 3 Tbsp. Mexican Rice Seasoning
- 2 oz. Frozen Peas
- ½ oz. Honey

#### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Medium Pot
- Large Pan

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**HOME CHEF**

## Chipotle Lime-Glazed Pork Chop

with Mexican cauliflower rice and roasted red onions

## 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 **450 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray

## 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.
- Don't be afraid to use some force when smashing **cauliflower**.

## FROM THE CHEF

Juices that accumulate while seared pork chops rest are packed with flavor. Add them to your glaze, not to your garbage!

### Did you know...

Cauliflower is not only a great low-carb substitute for rice, but it has a host of health benefits. It detoxifies, aids digestion, and may improve learning and memory.



1

### Prepare the Ingredients

Peel **onion** and slice into ¼" rounds. Zest and halve **lime**. Quarter one half and juice remaining half. Remove leaves from **cauliflower head**, core, and cut into bite-sized florets. Place cauliflower florets in provided **plastic bag** and pound (don't be afraid to use force!) with a heavy pan or mallet until it resembles coarse grains, a little larger than rice. *Don't worry if some stem pieces remain larger.* Rinse **pork chops**, pat dry, and season on both sides with **chipotle cinnamon seasoning**.



4

### Sear the Pork Chops

Place a large pan over medium heat. Add 2 tsp. **olive oil** and **pork chops** to hot pan. Cook until browned, 3-4 minutes per side. Transfer pork chops to plate. *Pork chops will finish cooking in a later step.* Return pan to heat; no need to wipe clean.



2

### Roast the Onions

Place **onion** on prepared baking sheet and drizzle with 2 tsp. **olive oil**, ¼ tsp. **salt**, and ¼ tsp. **pepper**. Spread into a single layer and roast until tender and lightly browned, 12-15 minutes. While onions roast, prepare cauliflower rice.



5

### Make Glaze and Finish Pork

Increase heat under pan to medium-high. Add ¼ cup **water**, **honey**, and **lime juice**. Bring to a boil and reduce slightly, stirring occasionally and scraping up browned bits on bottom of pan, 2-4 minutes. Return **pork and any accumulated juices** to pan. Return to a boil and cook until pork reaches a minimum internal temperature of 145 degrees and glaze is a thick syrup, 2-3 minutes. Spoon **glaze** over pork chops.



3

### Make the Cauliflower Rice

Place a medium pot over high heat and add ¼ cup **water**, **cauliflower**, and **Mexican rice seasoning**. Cook, stirring occasionally, until cauliflower is tender, 4-6 minutes. Stir in **peas** and cook until peas are warmed through, 1 minute. Remove from burner. Season to taste with a pinch of **salt and pepper**.



6

### Plate the Dish

Scoop **cauliflower rice** onto plate and place roasted **onions** next it. Lean **pork chop** against **rice**, spoon on any remaining **glaze**, and sprinkle with **lime zest** (to taste). Garnish with **lime quarters**.