



NUTRITION *per serving* 27g carbohydrates 22g fat 55g protein 1159mg sodium | low-calorie, low-carb, gluten-free, soy-free, shellfish-free



Calories
538



Prep & Cook Time
40-50 min.



Cook Within
6 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

28 oz. Carrot
1 ½ oz. Smoked Almonds
12 Chives
4 Bone-in Pork Chops
1 oz. Honey
2 oz. Blue Cheese

IN YOUR KITCHEN

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

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HOME CHEF

FAMILY MEAL

Blue Cheese, Smoked Almond, and Chive-Crusted Pork Chop
with honey-roasted carrots

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

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.
- **Heads Up! Chives** are used twice. Half go in **blue cheese-almond mixture** and remaining garnish dish.
- Be very careful handling pan after it's been in the oven. Wrap a dry dish towel around handle to protect your hand.

FROM THE CHEF

If you don't have a large oven-safe pan, brown pork chops in batches (don't crowd!) in a medium pan and transfer to a foil-lined baking sheet.

Did you know...

The combination of blue cheese, almonds, and honey creates serious flavor synergy, and they're commonly paired together on everything from cheese boards to desserts.



1

Prepare the Ingredients

Peel **carrots**, trim, and cut french fry-sized sticks. Coarsely chop smoked **almonds**. Mince **chives**. Rinse **pork chops**, pat dry, and season both sides with a pinch of **salt and pepper**.



2

Roast the Carrots

Place **carrots** on prepared baking sheet and toss with 1 Tbsp. **olive oil, honey**, and ½ tsp. **salt**. Spread into a single layer and roast until very tender and lightly charred, 20-25 minutes. While carrots roast, make topping.



3

Prepare the Topping

Combine **blue cheese, almonds**, and **half the chives** (reserve remaining for garnish) in a small bowl.



4

Sear the Pork Chops

Heat a large oven-safe pan over medium-high heat. Add 2 tsp. **olive oil** and **pork chops** to hot pan and cook 3-6 minutes on one side, or until well-browned.



5

Top the Chops

Flip chops and spoon **blue cheese-almond topping** over seared side. Place pan in oven and roast until cheese melts and chops reach a minimum internal temperature of 145 degrees, 3-5 minutes. Transfer chops to cutting board and rest at least 5 minutes.



6

Plate the Dish

Place **pork chops** on a plate and serve **carrots** alongside. Garnish carrots with remaining **chives**.