



NUTRITION *per serving* 30g carbohydrates 17g fat 56g protein 1386mg sodium | low-calorie, low-carb, gluten-free, dairy-free, soy-free, shellfish-free, nut-free



Calories
511



Prep & Cook Time
35-45 min.



Cook Within
6 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

- 1 Yellow Onion
- 8 oz. Brussels Sprouts
- 1 Red Bell Pepper
- 2 Bone-in Pork Chops
- 2 fl. oz. Balsamic Vinegar
- ½ oz. Honey
- 2 tsp. Chicken Demi-Glace

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Large Non-Stick Pan
- Small Pan

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HOME CHEF

STAFF PICK

Balsamic Glazed Pork Chop

with roasted onion, sautéed Brussels sprouts, and red bell pepper

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.
- **Heads Up!** **Balsamic vinegar** is used twice. 1 Tbsp. is brushed on **pork chops** and remaining is added to **glaze**.

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.

Did you know...

Chuck Williams sold the first imported bottles of balsamic vinegar in the U.S. in 1977 at his little-known stores in California, Williams-Sonoma.



1

Roast the Onions

Halve and peel **onion**. Slice halves into ¼” strips. Place on half of prepared baking sheet. Drizzle with 1 tsp. **olive oil** and ¼ tsp. **salt**. Toss to coat and spread into a single layer on their side. Roast until softened and partially browned, 12-15 minutes. Remove from oven, stir, and set aside. *Onion will finish cooking in a later step.* While onions roast, prepare ingredients.



2

Prepare the Ingredients

Trim bottoms off **Brussels sprouts** and halve (quarter if larger than ping pong balls). Stem, seed, and cut **red bell pepper** into ½” dice. Rinse **pork chops**, pat dry and season both sides with ½ tsp. **salt** and ¼ tsp. **pepper**. Brush 1 Tbsp. **balsamic vinegar** (reserve remaining for glaze) on pork chops.



3

Cook the Pork Chops

Place a large non-stick pan over medium heat. Add 1 tsp. **olive oil** and **pork chops** to hot pan. Cook until seared and lightly browned, 2 minutes per side. Remove from pan and place on other half of baking sheet. Reserve pan; no need to wipe clean. Roast until **onions** are caramelized and pork chops reach a minimum internal temperature of 145 degrees, 6-9 minutes. Remove from oven and rest pork chops 3 minutes. While pork chops roast, cook Brussels sprouts.



4

Cook the Vegetables

Return pan used to cook pork chops to medium-high heat. Add 2 tsp. **olive oil** and **Brussels sprouts** to hot pan. Cook undisturbed 2 minutes. Reduce heat to medium and cook, stirring occasionally, 2 minutes. Add **red bell pepper** and cook until vegetables are tender and browned, 4-5 minutes. Season with ½ tsp. **salt** and ¼ tsp. **pepper** and remove from burner.



5

Make the Glaze

Place a small pan over medium-high heat. Add remaining **balsamic vinegar**, **honey**, **chicken demi-glace**, and any **accumulated juices from resting pork chops**. Bring to a boil and reduce to a light syrup, 2-4 minutes. Remove from burner and cool 2 minutes.



6

Plate the Dish

Place **vegetables** on plate. Serve **pork chop** in front of vegetables and **onions** around pork. Spoon **balsamic glaze** over pork chop.