



NUTRITION *per serving* 18g carbohydrates 20g fat 50g protein 427mg sodium | CONTAINS nuts | calorie-conscious, carb-conscious



Calories
450



Prep & Cook Time
30-40 min.



Cook Within
6 days



Difficulty
Easy



Spice Level
Mild

IN YOUR BOX

2 Shallots
2 Garlic Cloves
12 Parsley Sprigs
1 oz. Smoked Almonds
2 Chayotes
2 Bone-in Pork Chops
½ fl. oz. Red Wine Vinegar
2 tsp. Dried Oregano
¼ tsp. Red Pepper Flakes

IN YOUR KITCHEN

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

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Bone-In Chimichurri Pork Chop

with roasted chayote and smoked almonds

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

- Some can't get enough **garlic**, and others prefer a lighter touch. Feel free to use to taste when making **chimichurri**.
- **Spice Alert!** A little goes a long way when it comes to **red pepper flakes**. Add a pinch at first, taste, and add more if desired.

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 before cooking.

Did you know...

Legend has it chimichurri was named for an Irish adventurer (possibly named Jimmy McCurry) who traveled to Argentina to join the country's fight for independence from Spain.



Prepare the Ingredients

Peel and slice **shallots** into very thin rounds. Mince **garlic**. Mince **parsley** stems and leaves. Finely chop **smoked almonds**. Trim **chayote** ends and halve lengthwise. Use a spoon to scoop seeds out of each half. Cut across width into ½” slices. Rinse **pork chops**, pat dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



Sear the Chayote

Heat 1 tsp. **olive oil** in pan used to sear pork chops over medium-high heat. Working in batches if necessary, place **chayote** in hot pan and cook, undisturbed, 2-3 minutes. Remove pan from burner and transfer chayote to other half of prepared baking sheet. Toss with **smoked almonds**, ½ tsp. **salt**, and a pinch of **pepper** and spread into a single layer. Reserve pan; no need to wipe clean.



Make the Chimichurri

In a small mixing bowl, combine **red wine vinegar**, **dried oregano**, **garlic** (to taste), **parsley**, **red pepper flakes** (to taste), 2 Tbsp. **olive oil**, 1 Tbsp. **water**, and a pinch of **salt and pepper**. Set aside.



Cook Shallots and Finish Pork Chops and Chayote

Place baking sheet in oven and bake until **pork chops** reach a minimum internal temperature of 145 degrees and **chayote** is tender, 8-10 minutes. While pork chops and chayote bake, heat 2 tsp. **olive oil** in pan used to sear chayote over medium heat. Add **shallots** to hot pan, and cook, stirring constantly, until tender and caramelized, 3-4 minutes. Remove pan from burner.



Sear the Pork Chops

Heat 2 tsp. **olive oil** in a large non-stick pan over medium-high heat. Place **pork chops** in hot pan and cook, undisturbed, until golden brown, 2-3 minutes. Transfer to one half of prepared baking sheet, seared side up. Reserve pan; no need to wipe clean.



Plate the Dish

Place a serving of **chayote** on a plate and garnish with **shallot**. Add a **pork chop** to plate and garnish with **chimichurri**.