



**NUTRITION** *per serving* 14g carbohydrates 39g fat 52g protein 922mg sodium | calorie-conscious, carb-conscious



Calories  
**607**



Prep & Cook Time  
**35-45 min.**



Cook Within  
**6 days**



Difficulty  
**Easy**



Spice Level  
**Not Spicy**



## French Mustard-Thyme Butter Pork Chop with kalettes

### IN YOUR BOX

.9 oz. Butter  
6 oz. Kalettes  
1 Red Onion  
2 Garlic Cloves  
3 Thyme Sprigs  
2 Boneless Pork Chops  
2 tsp. Grainy Mustard

CONTAINS: milk

### IN YOUR KITCHEN

Olive Oil  
Salt  
Pepper  
Cooking Spray  
Baking Sheet  
Medium Oven-Safe Non-Stick Pan  
Mixing Bowl

[www.homechef.com/3901](http://www.homechef.com/3901)

## 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**
- Set **butter** on counter to soften
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray

## FROM THE CHEF

To get a good sear on the pork chops, make sure your pan is hot, gently press in place for a few seconds, and then try not to move the chops for the first 2-3 minutes of cooking.

### Did you know...

*Like child, like parent: Kalettes are packed with some of the same vitamins found in kale. Kalettes are full of fiber, vitamin C, folate, carotenoids, and 120 percent of daily recommended amount of vitamin K.*



### Prepare the Ingredients

Trim root ends off **kalettes** and coarsely chop. Halve and peel **red onion**. Slice halves into thin strips. Mince **garlic**. Stem and mince **thyme**. Pat **pork chops** dry, and season both sides with  $\frac{1}{4}$  tsp. **salt** and a pinch of **pepper**.



### Sear the Pork Chops

Place a medium oven-safe non-stick pan over medium-high heat. Add tsp. **olive oil** and **pork chops** to hot pan. Cook undisturbed until lightly browned, 2-3 minutes. Flip chops and remove pan from burner.



### Roast the Vegetables

Toss **kalettes**, **red onion**, and **garlic** on prepared baking sheet with 2 tsp. **olive oil**,  $\frac{1}{2}$  tsp. **salt**, and a pinch of **pepper**. Spread into a single layer and roast until tender, 10-12 minutes. While vegetables roast, finish chops.



### Finish the Pork Chops

Place pan with **pork chops** in oven and roast until chops are browned and reach a minimum internal temperature of 145 degrees, 6-8 minutes. Remove from oven, transfer to a plate, and rest 2 minutes. While chops rest, make butter.



### Make the Compound Butter

Combine **softened butter**, **mustard**, **thyme**, and a pinch of **pepper** in a small mixing bowl until fully incorporated.



### Plate the Dish

Place **vegetables** on a plate. Place **pork chop** next to vegetables and add a dollop of **compound butter** on pork chop.