



**NUTRITION** per serving 19g carbohydrates 30g fat 29g protein 1545mg sodium | calorie-conscious, carb-conscious



Calories  
**466**



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



Cook Within  
**6 days**



Difficulty  
**Easy**



Spice Level  
**Not Spicy**

#### IN YOUR BOX

4 oz. Pineapple Rings  
1 Chayote  
1 Red Onion  
4 oz. Grape Tomatoes  
¼ oz. Cilantro  
2 Boneless Pork Chops  
2 tsp. Chipotle Cinnamon Seasoning  
1 oz. Goat Cheese

#### CONTAINS: milk

*Packaged in a facility that also packages peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients*

#### IN YOUR KITCHEN

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

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STAFF PICK

## Pork Chop Al Pastor

with charred pineapple, goat cheese, and chayote hash

## 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

- For a limited portion of the population, **chayote** may cause a tingling sensation in your hands. Wash thoroughly after handling.

## FROM THE CHEF

Don't worry if the pineapple breaks into pieces; charring on both sides is the most important thing.

### Did you know...

In the town of San Bernardo, Colombia, many local residents are convinced that a chayote-rich diet caused the natural mummification of their deceased neighbors. 14 mummies are displayed in the local mausoleum; chayote does not explain how their clothes were preserved as well as their hair and skin. The actual reason for the mummification remains a mystery.



1

## Prepare the Ingredients

Halve **pineapple rings** and pat dry. Trim **chayote** ends, and halve lengthwise. Use a spoon to scoop seed out of each half. Cut halves into ½” dice. Halve and peel **onion**. Cut halves into ¼” slices. Halve **tomatoes**. Mince **cilantro**, leaves and stems. Pat **pork chops** dry, and season both sides with ¼ tsp. **salt** and ¼ tsp. **pepper**.



2

## Char the Pineapple

Place a medium non-stick pan over high heat. Add 1 tsp. **olive oil** and **pineapple** to hot pan. Cook until lightly charred, 1-2 minutes per side. Transfer to a plate. Wipe pan clean and reserve.



3

## Start the Chayote Hash

Return pan used to char pineapple to medium-high heat. Add 1 tsp. **olive oil** and **chayote** to hot pan. Stir occasionally until lightly browned, 2-3 minutes. Add **onion**, 1 tsp. olive oil, ¼ tsp. **salt**, and a pinch of **pepper** to pan. Stir occasionally until onion softens, 2-3 minutes. Transfer to prepared baking sheet. Roast until tender, 8-10 minutes. Wipe pan clean and reserve. While vegetables roast, sear pork chops.



4

## Cook the Pork Chop

Return pan used to sear vegetables to medium-high heat. Add 2 tsp. **olive oil** and **pork chops** to hot pan. Cook undisturbed until browned, 2-3 minutes. Flip chops and reduce heat to medium. Sprinkle with **seasoning blend** and top with charred **pineapple**. Cook until pork reaches a minimum internal temperature of 145 degrees, 3-5 minutes. Remove to a plate, rest 3 minutes, and tent with foil.



5

## Finish the Chayote Hash

Top **roasted vegetables** with **tomatoes**. Roast until tomatoes are warmed through, 1-2 minutes.



6

## Finish the Dish

Place **pork chop** on a plate. Serve **chayote hash** alongside and top with **goat cheese** (crumble with your hands if needed) and **cilantro**.